RISHI COACHES
Adolescent Psychology & Executive Mentoring Practice

RCI Reg. No. A126278
FLAGSHIP CLINICAL PROTOCOL

CLINICAL PROTOCOL P-18 · 14-DAY EXECUTIVE ROADMAP

THE ADHD ADOLESCENT
EXECUTIVE FUNCTIONING WORKBOOK

A 14-Day Clinical Roadmap to Master Task Initiation, Regulate Dopamine Loops, and Overcome High-Stakes Exam Panic in CBSE, ICSE, and Secondary School.

CLINICAL CASE RECORD & COMMITMENT CONTRACT

Student Full Name: .....

Age & Class / Grade: .....

School & Board (CBSE / ICSE / IB): .....

Supervising Parent / Mentor: .....

14-Day Protocol Start Date: ..... **Review Date:** .....

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Table of Contents & 14-Day Executive Roadmap

A step-by-step sequential guide to rewiring task initiation and cognitive stamina.

Follow these 4 modules sequentially across 14 consecutive days (15-20 minutes daily).

Participant Name: _____ **Date:** 28 Oct 2026 **Target: 14 DAYS**

MODULE 1 (DAYS 1-3) — Pages 3-5

Dopamine Baselining & Environmental Friction Audit

Externalize working memory, replace moral blame ('laziness') with neurological diagnostics, and engineer a custom dopamine menu.

MODULE 2 (DAYS 4-8) — Pages 6-9

Prefrontal Scaffolding & The 25-Minute Monotask Sprint

Overcome activation paralysis using 2-minute somatic warmup rituals, monotasking timer sprints, and distraction parking pads.

MODULE 3 (DAYS 9-11) — Pages 10-13

Syllabus Deconstruction & Macro-to-Micro Chunking

Transform intimidating 10-chapter CBSE/ICSE syllabi into 30-minute conquerable units with visual dopamine walls.

MODULE 4 (DAYS 12-14) — Pages 14-17

Somatic Down-Regulation & High-Stakes Exam Panic Reset

Master physiological sighs and CBT reality-testing grids to eliminate exam-hall blanking and panic cycles.

APPENDIX (PAGE 18) — Page 18

Parent & Educator Supervision Guide & Practice Accreditation

Collaborative co-regulation scripts, non-defensive monitoring guidelines, and clinical verification seal.

Module 1: The 24-Hour Dopamine Leak Audit

Day 1 Protocol: Identifying where prefrontal attention is drained before study begins.

> Audit your last 24 hours objectively. Distraction is diagnostic data, not moral failure.

Participant Name: _____ **Date:** 28 Oct 2026 **Target: 15-20 MIN**

1 IDENTIFY INVISIBLE DOPAMINE TRAPS

List apps, websites, or activities that swallow 30+ minutes without your conscious awareness (Shorts, Reels, Discord).

PRACTITIONER HINT: Notice the exact time of day you feel most vulnerable to infinite scrolling.

2 LOCATE STUDY DESK FRICTION POINTS

Look at your study table right now. List 3 items on your desk that belong to other subjects or are non-study distractions.

PRACTITIONER HINT: Visual clutter forces the prefrontal cortex to expend energy filtering ba...

3 MAP THE 'JUST 5 MINUTES' LIE

What sentence does your brain say before you open an app during study? ('Let me check Rohan's status for 2 mins').

PRACTITIONER HINT: Catching the specific excuse sentence weakens its automatic power.

Module 1: The Custom Dopamine Menu Blueprint

Day 2 Protocol: Designing healthy neurological reward loops for sustained stamina.

Categorize stimulation into deliberate tiers so your ADHD brain has alternatives to screen binges.

Participant Name: _____ **Date:** 28 Oct 2026 **Target: 15-20 MIN**

1 APPETIZERS (5-MINUTE SOMATIC ENERGIZERS)

List 3 quick physical actions that wake up your brain between study blocks (cold splash of water, 10 pushups, balcony walk).

PRACTITIONER HINT: Never use phone scrolling as a 5-minute break; it hijacks dopamine for ho...

2 MAINS / ENTREES (20-MINUTE DEEP RESTORATION)

List 2 offline activities you genuinely love doing (playing guitar, sketching, cycling, cooking with family).

PRACTITIONER HINT: Mains restore your baseline dopamine without leaving you feeling depleted.

3 SIDES (BACKGROUND STIMULATION TO SUSTAIN FOCUS)

List sensory aids you can pair with boring homework: brown noise, lo-fi beats, fidget ring, or standing desk.

PRACTITIONER HINT: ADHD brains often focus better with low-level background sensory stimulat...

Module 1: Study Environment Decontamination

Day 3 Protocol: Establishing physical device-free sanctuaries and visual focus zones.

Design an environment where starting work requires less willpower than getting distracted.

Participant Name: _____ **Date:** 28 Oct 2026 **Target: 15-20 MIN**

1 ESTABLISH THE CENTRAL HALLWAY CHARGING STATION

Designate a shelf or charging hub in the living room where your phone stays during all study blocks and bedtime.

PRACTITIONER HINT: If the phone is within arm's reach, executive willpower will fail 80% of ...

2 THE MONOTASK SINGLE-SUBJECT DESK RULE

Clear every textbook except the single chapter you are currently studying. Pack everything else into your bag.

PRACTITIONER HINT: Seeing 5 unread textbooks triggers dorsal vagal shutdown and panic.

3 PREPARE PHYSICAL TRANSITION ANCHORS

Fill a 1-litre water bottle, sharpen 2 pencils, and set up your physical study timer before opening the book.

PRACTITIONER HINT: Preparation acts as a cognitive runway for neural state-transitions.

Module 2: Overcoming Activation Paralysis

Day 4 Protocol: Converting intimidating macro-syllabi into micro-task executable units.

> The ADHD brain rejects big abstract commands. Learn to slice tasks into observable physical actions.

Participant Name: _____ **Date:** 28 Oct 2026 **Target: 15-20 MIN**

1 DECONSTRUCT 'STUDY CHEMISTRY' INTO OBSERVABLE UNITS

Take an intimidating subject topic and slice it until the action can be completed in under 20 minutes.

PRACTITIONER HINT: If you cannot finish it in 20 minutes, it is still too large. Slice it in...

2 DEFINE THE 'RIDICULOUSLY EASY' FIRST STEP

Write a step so small your brain feels zero resistance: 'Open NCERT Page 42 and read Solved Example 1 only.'

PRACTITIONER HINT: Action creates motivation; motivation rarely precedes action.

3 PARK ANTICIPATORY DREAD

Rate your dread from 1 to 10 before starting. Notice how the dread drops after just 2 minutes of physical engagement.

PRACTITIONER HINT: Dread is an amygdala illusion. The discomfort peaks before you open the p...

Module 2: The 2-Minute Somatic Startup Sequence

Day 5 Protocol: A foolproof 120-second physical ritual to bridge into deep focus.

Perform these 3 sequential physical checkpoints every time you sit at your study desk.

Participant Name: _____ **Date:** 28 Oct 2026 **Target: 15-20 MIN**

1 CHECKPOINT 1: THE SOMATIC HYDRATION & BREATH SIGNAL

Drink half a glass of cold water and take 2 slow physiological sighs. Sit upright with both feet flat on the floor.

PRACTITIONER HINT: Physical posture and hydration send immediate safety signals to the nervo...

2 CHECKPOINT 2: THE DISTRACTION PAD SETUP

Place a blank index card or scrap paper to the right of your textbook labeled 'Distraction Parking Pad'.

PRACTITIONER HINT: Never fight distracting thoughts. Acknowledge them, write them down, and ...

3 CHECKPOINT 3: STARTING THE PHYSICAL COUNTDOWN TIMER

Turn the physical timer dial to exactly 25 minutes. Commit to doing ONLY this single sliced action.

PRACTITIONER HINT: Use a mechanical visual timer rather than a phone timer to avoid notifica...

Module 2: Live 25-Minute Monotask Sprint (Sheet A)

Day 6 Protocol: Running your first structured focus sprint and logging honest friction.

Use this exact sheet during your evening study block. Fill in each field before and during the sprint.

Participant Name: _____ **Date:** 28 Oct 2026 **Target: 15-20 MIN**

1 SINGLE OBSERVABLE MICRO-TASK

Write the exact question numbers or paragraph you will solve during this 25-minute sprint.

PRACTITIONER HINT: Example: 'Solve questions 4, 5, and 6 on Page 88'.

2 DISTRACTION PARKING PAD (WRITE INTRUSIVE THOUGHTS HERE)

Whenever a thought pops up ('Did I reply to Rahul?', 'What's for dinner?'), write it here immediately.

PRACTITIONER HINT: Writing the thought offloads working memory without breaking your study f...

3 POST-SPRINT FRICTION DIAGNOSTIC & DOPAMINE SNACK

Did focus drift internally (daydreaming) or externally (noise)? Take a 5-minute non-screen dopamine appetizer.

PRACTITIONER HINT: Notice the completion sensation. Your brain just built a new executive ci...

Module 2: Live 25-Minute Monotask Sprint (Sheet B)

Day 7 & 8 Protocol: Replicating focus sprints across difficult analytical subjects.

Replicate the monotask sprint on your highest-friction subject (Mathematics or Physics numericals).

Participant Name: _____ **Date:** 28 Oct 2026 **Target: 15-20 MIN**

1 TARGET ANALYTICAL MICRO-TASK

Define 2 numericals or 1 essay derivation to tackle in this sprint. Keep reference formula sheet visible.

PRACTITIONER HINT: Analytical friction is normal. Sticking with 1 hard numerical builds cogn...

2 MID-SPRINT RESISTANCE REALITY CHECK

When you hit a confusing step, write: 'I do not understand line 3 yet. I will re-read line 2 slowly.'

PRACTITIONER HINT: Labeling the confusion prevents the urge to abandon the desk.

3 CELEBRATION OF TASK INITIATION

Log your successful startup: 'I sat down on time and initiated work within 2 minutes.'

PRACTITIONER HINT: Consistent startup habits matter 10x more than how many hours you study.

Module 3: The Big-Monster Syllabus Deconstructor

Day 9 Protocol: Dismantling CBSE/ICSE board exam textbooks into 4 physical execution phases.

Break a heavy textbook unit (e.g. Optics or Organic Chemistry) into 4 clear phases.

Participant Name: _____ **Date:** 28 Oct 2026 **Target: 15-20 MIN**

1 PHASE 1: CONCEPT & SOLVED EXAMPLES RECONNAISSANCE

List the 3 foundational solved examples you must review before attempting unsolved exercises.

PRACTITIONER HINT: Understanding solved examples lowers the activation energy of problem-sol...

2 PHASE 2: CORE EXERCISE NUMERICALS

Select 5 representative questions from the textbook back-exercise. Circle them in pencil.

PRACTITIONER HINT: Do not try to solve all 30 questions at once. 5 targeted questions build ...

3 PHASE 3: FORMULA SHEET & VISUAL SUMMARY COMPILATION

Create a 1-page handwritten summary sheet with definitions and formulas for this chapter.

PRACTITIONER HINT: Writing by hand engages motor memory far better than highlighting digital...

Module 3: The 30-Minute Micro-Action Slices Grid

Day 10 Protocol: Creating an actionable execution ladder for weekly chapter coverage.

Map out your week into four 30-minute conquerable units instead of vague weekend marathons.

Participant Name: _____ **Date:** 28 Oct 2026 **Target: 15-20 MIN**

1 SLICE 1 (MONDAY / TUESDAY)

Define the specific 30-minute milestone: e.g. 'Read Chapter 4 summary and memorize 3 key derivations.'

_____

_____

PRACTITIONER HINT: Schedule the exact time of day you will complete Slice 1.

2 SLICE 2 (WEDNESDAY / THURSDAY)

Define the problem-solving milestone: e.g. 'Solve 4 numericals from section 4.2.'

_____

_____

PRACTITIONER HINT: Pair this session with brown noise or your favorite background focus aid.

3 SLICE 3 (FRIDAY / WEEKEND)

Define the active recall milestone: e.g. 'Write formulas from memory without checking textbook.'

_____

_____

PRACTITIONER HINT: Testing yourself is 300% more effective than passive re-reading.

Module 3: The Visual 'Done' Dopamine Wall

Day 11 Protocol: Externalizing achievement through tactile physical progress markers.

ADHD brains need tangible visual proof of progress to replenish dopamine reserves.

Participant Name: _____ **Date:** 28 Oct 2026 **Target: 15-20 MIN**

1 SET UP 3 PHYSICAL POST-IT STICKY ZONES

Designate 3 columns on your wall or whiteboard: 'To-Do (Max 3)', 'Doing Right Now (1 Only)', and 'Done Wall'.

PRACTITIONER HINT: Physically peeling a sticky note and slapping it onto the Done Wall relea...

2 LOG 3 COMPLETED MILESTONES ON THE DONE WALL

Write down 3 micro-tasks you successfully completed over the past 48 hours.

PRACTITIONER HINT: Review the Done Wall before starting study to remind your brain of its co...

3 PROTECT THE SINGLE-TASK 'DOING RIGHT NOW' ZONE

Commit to never having more than ONE sticky note in the 'Doing Right Now' column.

PRACTITIONER HINT: Multitasking is an ADHD illusion that fragments prefrontal working memory.

Module 3: Weekly Collaborative Parent-Student Review

Day 11 Weekend Protocol: A non-defensive 10-minute check-in script without arguments.

Hold a calm Sunday check-in. Parents listen first; students share honest weekly friction data.

Participant Name: _____ **Date:** 28 Oct 2026 **Target: 15-20 MIN**

1 STUDENT SHARES 2 WINS FROM THE 'DONE WALL'

Student highlights 2 milestones completed independently during the week without reminders.

PRACTITIONER HINT: Parents: Acknowledge effort and consistency warmly before asking about ma...

2 REVIEW FRICTION POINTS AS SYSTEM BUGS (NO BLAME)

Identify 1 friction point where study stalled: e.g. 'Tuition schedule was exhausting on Thursday.'

PRACTITIONER HINT: Treat friction as an engineering problem to solve together, not a charact...

3 CO-AUTHOR ADJUSTMENTS FOR NEXT WEEK

Agree on 1 small tweak for next week: e.g. 'Move evening study 30 minutes earlier' or 'Extend dinner break.'

PRACTITIONER HINT: Agreements made collaboratively are followed with 4x higher compliance.

Module 4: Somatic Down-Regulation & Vagal Reset

Day 12 Protocol: Autonomic resets to prevent amygdala freeze and exam-hall blanking.

Learn to mechanically regulate your heart rate when acute test anxiety threatens memory recall.

Participant Name: _____ **Date:** 28 Oct 2026 **Target: 15-20 MIN**

1 THE DOUBLE INHALE PHYSIOLOGICAL SIGH

Take 2 quick inhales through the nose, then 1 long, slow exhale through the mouth. Repeat 3 times.

PRACTITIONER HINT: This engages the vagus nerve brake, dropping heart rate by 8-12 bpm withi...

2 SENSORY CONTACT GROUNDING

Feel the weight of your feet firmly on the floor. Press your thumb against your index finger. Breathe slowly.

PRACTITIONER HINT: Somatic contact pulls electrical activation from the anxious amygdala bac...

3 NORMALIZE ADRENALINE SURGES

Say to yourself: 'Adrenaline feels intense, but it peaks in 90 seconds. My brain has revised this material.'

PRACTITIONER HINT: Adrenaline is energy, not proof of impending failure.

Module 4: CBT Catastrophic Thought Reality-Testing

Day 13 Protocol: Challenging the panic thought 'I will blank out and fail everything'.

Use this cognitive restructuring grid to dismantle catastrophic exam fears.

Participant Name: _____ **Date:** 28 Oct 2026 **Target: 15-20 MIN**

1 CATCH THE EXACT CATASTROPHIC SENTENCE

Write the catastrophic thought word-for-word: 'The question paper will be impossible and I will fail.'

PRACTITIONER HINT: Naming the thought on paper separates you from the emotional story.

2 RUN THE OBJECTIVE EVIDENCE CHECK

What is 1 factual piece of evidence that disproves this catastrophe? ('I solved 4 mock tests with passing scores').

PRACTITIONER HINT: Look for past written proof of competence. Feelings are not facts.

3 FORMULATE YOUR BALANCED RESET SENTENCE

Write a calm, truthful reset: 'Even if the first question is difficult, there are 25 other questions I know how to solve.'

PRACTITIONER HINT: Repeat this balanced sentence while taking a physiological sigh.

Module 4: 180-Second Exam Hall Emergency Reset

Day 13 Crisis Protocol: Step-by-step actions when panic strikes inside the examination hall.

> Keep this sequence in your memory for the first 3 minutes after the exam paper is distributed.

Participant Name: _____ **Date:** 28 Oct 2026 **Target: 15-20 MIN**

1 SECONDS 0 TO 60: PEN DOWN & VAGAL RESET

Put your pen flat on the desk. Do NOT read the hardest questions. Perform 3 physiological sighs with eyes closed.

PRACTITIONER HINT: Reading question 30 while your heart is racing triggers instant cognitive...

2 SECONDS 60 TO 120: SCAN FOR 1-MARK EASY WINS

Flip through Section A and find the single easiest 1-mark objective question. Answer it immediately.

PRACTITIONER HINT: Writing down 1 correct answer breaks the freezing reflex and releases wor...

3 SECONDS 120 TO 180: FORMULA & DATA MARGIN OFFLOAD

Write down 3 key memorized formulas in the rough working margin while calm momentum is active.

PRACTITIONER HINT: Externalizing formulas onto paper eliminates the anxiety of forgetting th...

Module 4: 14-Day Protocol Mastery & Review

Day 14 Protocol: Celebrating neurodevelopmental milestones and cementing lifelong habits.

Complete this final self-assessment with your supervising parent or mentor.

Participant Name: _____ **Date:** 28 Oct 2026 **Target: 15-20 MIN**

1 AUDIT YOUR TOP 3 EXECUTIVE HABIT SHIFTS

What changed most over these 14 days? (e.g. 'Phone in hall station', 'Using distraction pads', 'Faster startup').

PRACTITIONER HINT: Acknowledge your prefrontal growth. You built genuine neurological stamina.

2 IDENTIFY ONGOING SUPPORT NEEDS

Which subject or time of day still requires scaffolding? Plan how to maintain these tools for upcoming term exams.

PRACTITIONER HINT: Executive functioning requires continuous external scaffolding throughout...

3 THE FAMILY CELEBRATION CEREMONY

Both student and parent sign off on this completed workbook. Schedule an offline celebratory family dinner.

PRACTITIONER HINT: Celebration reinforces long-term dopaminergic identity as an organized le...

Parent & Educator Supervision Guidelines

Clinical principles for supporting ADHD executive function without micromanagement.

Guidelines for parents, counsellors, and teachers co-regulating adolescent study routines.

Participant Name: _____ **Date:** 28 Oct 2026 **Target: REFERENCE**

1. CORE ROLE: CO-REGULATOR, NOT ENFORCER

The adolescent ADHD prefrontal cortex matures up to 3 years behind chronological peers. Shouting, nagging, and sudden device confiscation trigger fight-or-flight shutdown. Your presence at the study desk should act as calm neurological ballast: sit quietly nearby during the 2-minute warmup, ensure water is poured, and model calm emotional regulation.

2. CELEBRATE STARTUP CONSISTENCY OVER TEST PERCENTAGES

ADHD brains operate on dopamine scarcity. Praising a student ONLY when they score 90% starves them of task-initiation reinforcement. Actively praise the behavioral initiation: 'I noticed you cleared your desk and started the timer within 2 minutes today. That is tremendous executive control.' Startup consistency builds academic confidence.

3. RESPECT THE DISTRACTION PAD AS VITAL DIAGNOSTIC DATA

Never read or mock the student's Distraction Parking Pad without permission. Intrusive thoughts are involuntary brain signals. If a student fears judgment, they will stop writing down distractions and resume mental daydreaming. The parking pad must remain a safe, non-judgmental external working memory dump.

OFFICIAL CLINICAL ACCREDITATION & MENTORSHIP ASCENSION

This 18-page protocol is developed under Rehabilitation Council of India (RCI) professional standards by Rishi Raj (Psychologist & Founder, RishiCoaches, Reg. No. A126278). For adolescents requiring individualized executive coaching, CBSE/ICSE study strategy, or family conflict mediation, explore our flagship 12-week 'Learn Like a Pro™' Mentorship Program.

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