

My Mind, My Pace

Activity Book for Adults
with ADHD and Autism

20 cycles of calm and focus · crosswords, sudoku, nonograms, mazes and more



No rush. No timer. Your way.

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My Mind, My Pace

Activity Book for Adults with ADHD and Autism

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Please note. This book is for entertainment and wellbeing. It is not a substitute for diagnosis, treatment or advice from health professionals. If you need support, please talk to a qualified professional.

The logic puzzles in this book have been checked with software to make sure each one has a single solution. If you find a mistake, write to us at jolovaactividades@gmail.com.

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Welcome

No timer, no rush and no set order

This book is for you. For the way you think, feel and focus, which isn't broken: it's different, and it has real value.

There's no timer here, no score and no answers you have to prove. You can start wherever you like, skip whatever you don't feel like doing and come back whenever it suits you. If one day you only do one activity, that's already a good day.

How this book works

- **20 cycles of 5 pages.** Each cycle has a word activity, a visual activity, a number-and-logic game, a logic puzzle and a positive affirmation with space to write down how you felt.
- **The difficulty rises little by little,** from a medium level up to a final challenge. You decide how fast you go.
- **Under each activity** you'll see a “Builds” line that tells you which skill you're practicing.
- **The solutions are at the back.** You can look at them whenever you want, with no guilt: checking is also a way of learning.

Before you start

- Use a pencil and an eraser: mistakes are part of the journey.
- Choose a comfortable spot, with the sound and light you prefer.
- Move, stretch or take breaks whenever your body asks for them.
- If an activity feels overwhelming, leave it and try another one. That's okay.

Thank you for giving yourself this time. We'll start whenever you're ready.

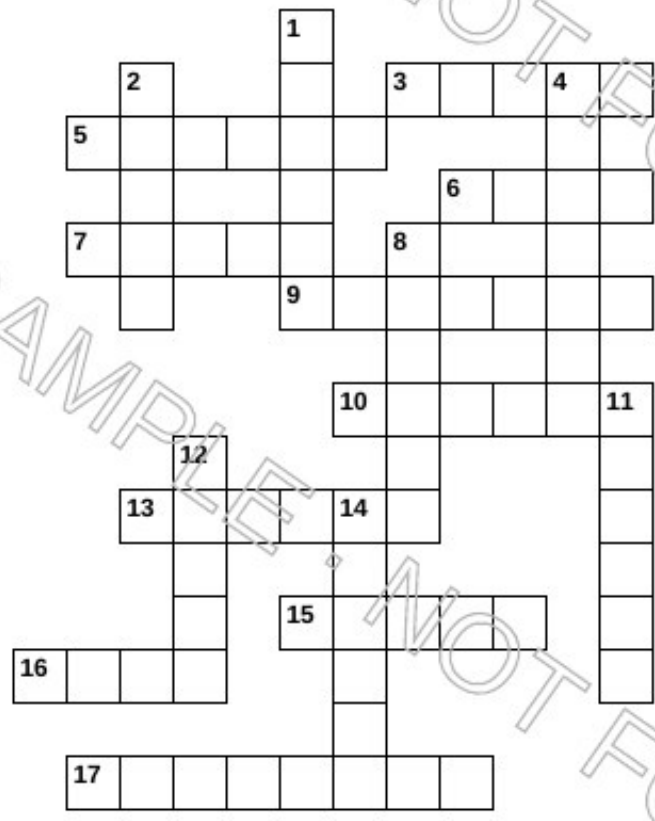
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Crossword

Wellbeing & Calm · At your pace

How to play: Write each word in its row or column, starting in the numbered square. The clues don't give you the word: think about what they describe. The number in brackets is the number of letters.



Across

3. Believing in someone without doubting (5)

5. Forests, seas and mountains, all together (6)

6. The opposite of a storm (4)

7. A candle gives it in the dark (5)

9. When everything sounds good together (7)

10. The feeling of putting down a heavy weight (6)

13. A place the storm can't reach (6)

15. An agreed pause in a fight (5)

16. Where you feel you belong (4)

17. The virtue of someone who knows how to wait (8)

Down

1. A feeling of shelter and affection (6)

2. Water and shade in the middle of the desert (5)

4. What's left when nobody speaks (7)

8. A soft, gentle wind (6)

11. A great many trees together (6)

12. A white dove is its symbol (5)

14. Where flowers grow outside a house (6)

Builds: vocabulary, memory and making connections.

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Word Search

Search calmly, no rush

How to play: Find the words in the list. They can run across, down or diagonally, and also backwards (right to left or bottom to top).

E	E	S	T	S	R	P	N	S	T	A	S	G	P	N
C	Y	P	T	R	M	U	C	A	I	L	S	D	L	F
N	T	S	U	T	L	S	T	T	E	A	E	C	S	A
E	I	S	C	S	T	E	N	I	C	R	N	O	O	E
S	L	E	R	N	E	S	O	S	L	I	T	M	P	G
E	I	N	S	A	S	A	I	F	A	T	F	F	T	M
R	B	D	T	P	N	E	T	A	R	H	O	O	I	E
P	A	N	A	L	U	L	A	C	I	E	S	R	M	E
M	T	I	R	R	S	E	X	T	T	A	N	T	I	R
I	S	K	L	S	E	R	A	I	Y	L	P	I	S	S
T	U	S	I	U	N	N	L	O	S	I	C	A	M	S
I	O	E	G	N	T	F	E	N	U	N	P	L	U	G
O	C	B	H	F	R	I	R	W	C	G	S	M	I	F
O	A	L	T	N	O	I	S	S	A	P	M	O	C	N
H	S	R	U	F	A	E	R	F	S	L	A	I	E	T

Clarity
Comfort
Compassion
Healing
Kindness
Optimism
Presence
Relaxation
Release
Renewal
Satisfaction
Softness
Stability
Starlight
Sunset
Unplug

Builds: selective attention and visual scanning.

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Sudoku

One number at a time. No rush.

How to play: Fill in the grid so that every row, every column and every 3×3 box contains the numbers 1 to 9, with no repeats. There is always at least one square you can work out with logic.

	5		3			4	8	
	9							7
	2	3		4			9	
				3	9	8	2	6
9								4
2	3	6	4	5				
	7			1		9	6	
3							4	
	4	2			3		5	

Builds: logical reasoning and sustained attention.

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Logic Puzzle

Think calmly. There's more than one way to get there.

How to play: Read slowly. There's no math here: think about the words, the situation and what seems obvious. Write your answer below.

A man walks through heavy rain with no umbrella, no hat and nowhere to take shelter. When he gets where he's going, not a single hair on his head is wet. How is that possible?

My answer:

Builds: lateral thinking and mental flexibility.

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My brain works in its own way, and that way has value. I don't need to be like anyone else to deserve respect, rest or kindness. Today I can be myself, without masks and without apologizing.

How did this cycle of activities feel?

Write how you felt, what you enjoyed or what you would change. There are no right answers.

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Split Words

Join the halves and rebuild the word

How to play: Draw a line from each half on the left to its partner on the right to make a word. Careful: two halves on the right have no partner.

SANCT-	**-TATION**
MEDI-	**-NY**
PATI-	**-TUDE**
CONFI-	**-ORPH**
INTUI-	**-SITY**
SERE-	**-ENCE**
HARMO-	**-VITY**
RESIL-	**-ULTY**
CURIO-	**-TION**
GRATI-	**-DENCE**
FRIEND-	**-UARY**
CREATI-	**-SHIP**
	-IENCE
	-NITY

Builds: pattern recognition and flexibility.

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Cryptogram

A secret code with a message

How to play: Each symbol always stands for the same letter. Some letters are already filled in: use them as a starting point and work out the whole sentence. Write each letter under its symbol.



								N					S	



			N				E				S	E				



								E			S					

Builds: problem solving and attention to detail.

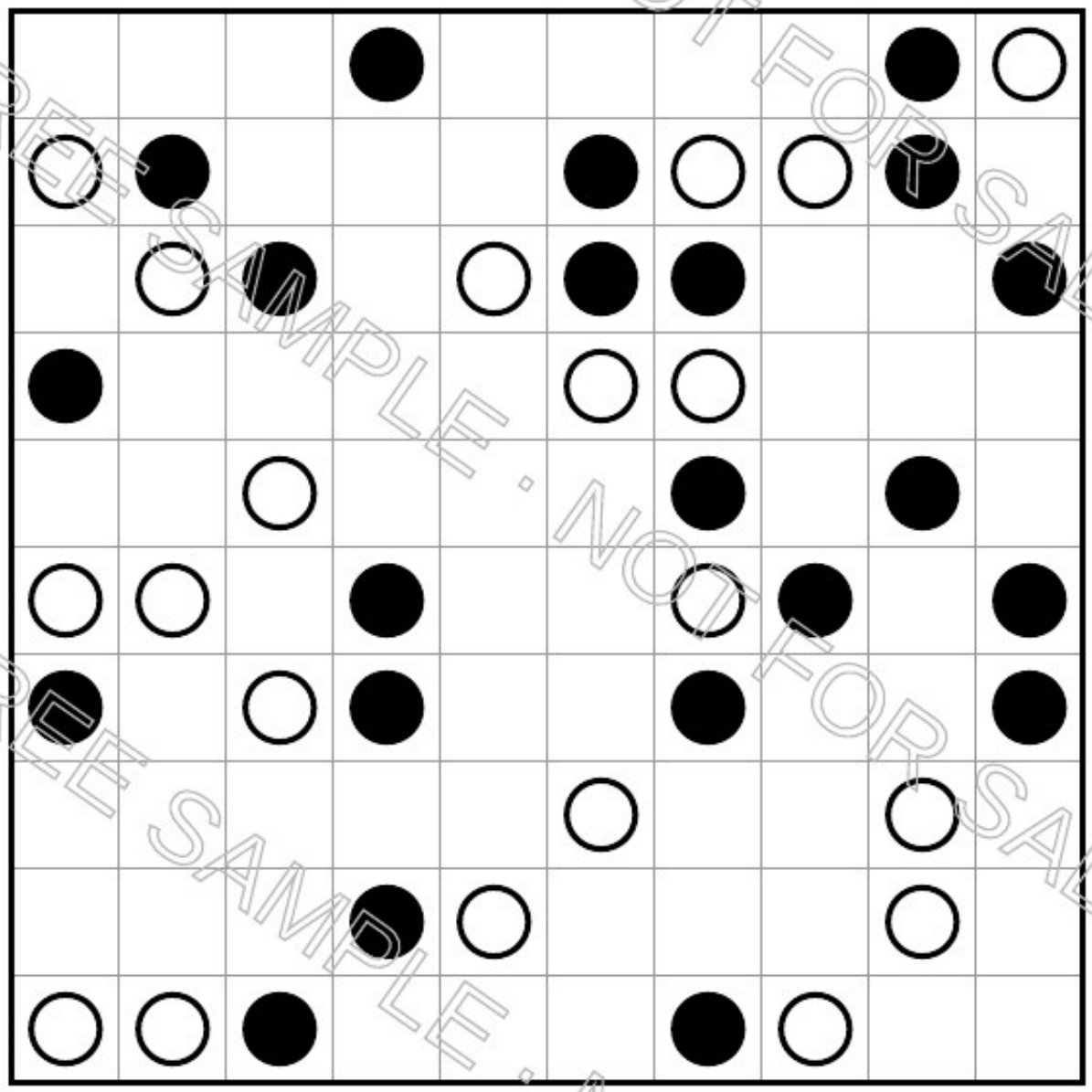
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Takuzu

Balance between two symbols

How to play: Fill each empty square with ● or ○. Never put three of the same symbol next to each other, across or down. Each row and each column has the same number of ● and ○. No two rows are alike, and no two columns are alike.



Builds: logical reasoning and impulse control.

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Logic Puzzle

Think calmly. There's more than one way to get there.

How to play: Read slowly. There's no math here: think about the words, the situation and what seems obvious. Write your answer below.

Two mothers and two daughters sit on a park bench that only has room for three people, and yet they all fit comfortably. Who are they?

My answer:

Builds: lateral thinking and mental flexibility.

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My attention isn't broken: it is intense and selective. Sometimes it fades and sometimes it burns, and neither makes me less capable. Today I start with something small, at my own pace, and I celebrate doing it.

How did this cycle of activities feel?

Write how you felt, what you enjoyed or what you would change. There are no right answers.

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This is the end of the free sample of
My Mind, My Pace

Thank you so much for trying it!

I'd love to hear your honest opinion:
what worked for you and what didn't.

Jolova