



DATABLE

# USING CLICKUP FOR ADHD

June 2024

**WELCOME!**

Thank you for signing up for this test group!

**[Click here to sign up for ClickUp!](#)**

# CLICK “SIGN UP”



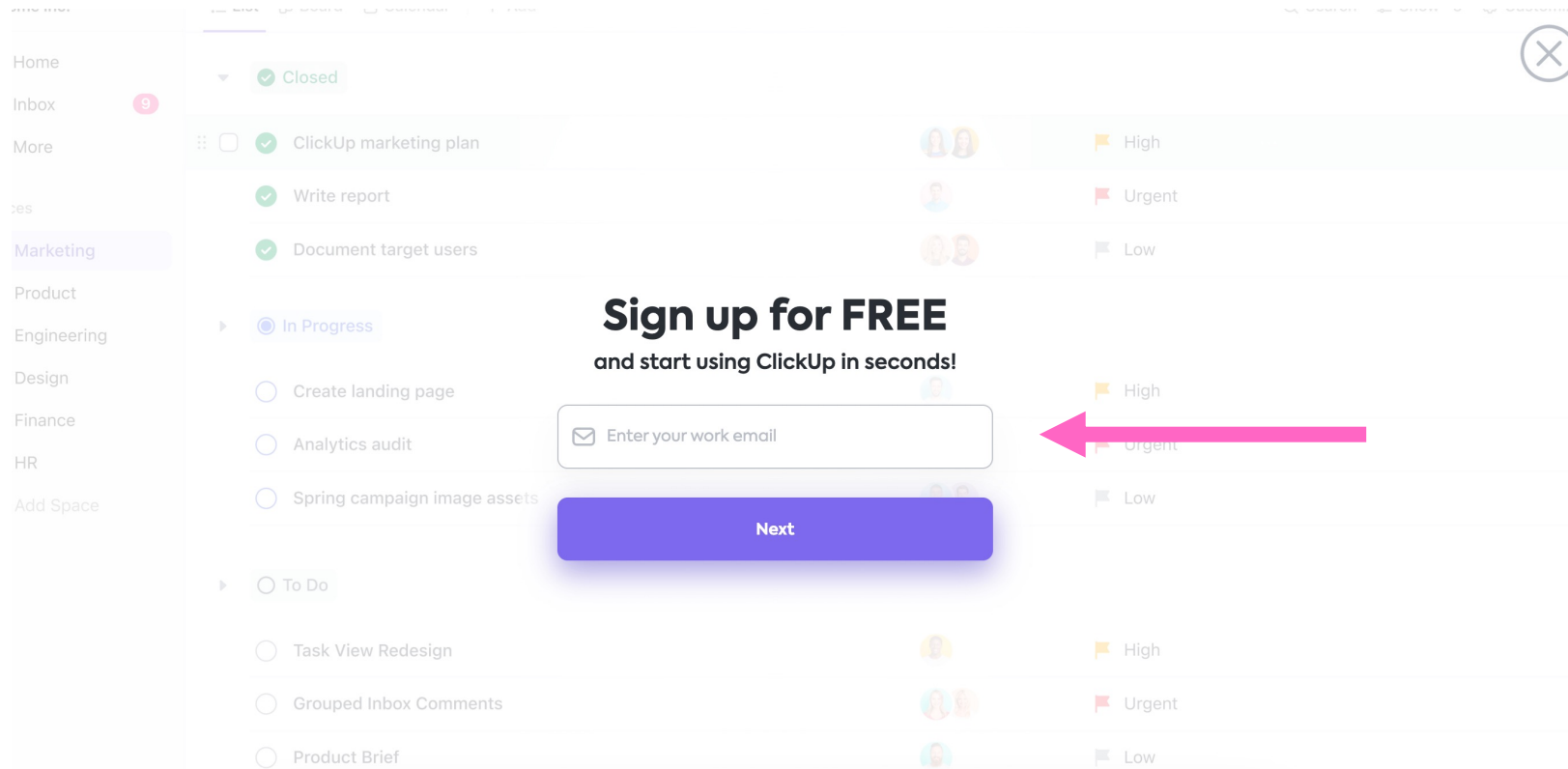
## The everything app, for work

Get everyone working in a single platform  
designed to manage any type of work.

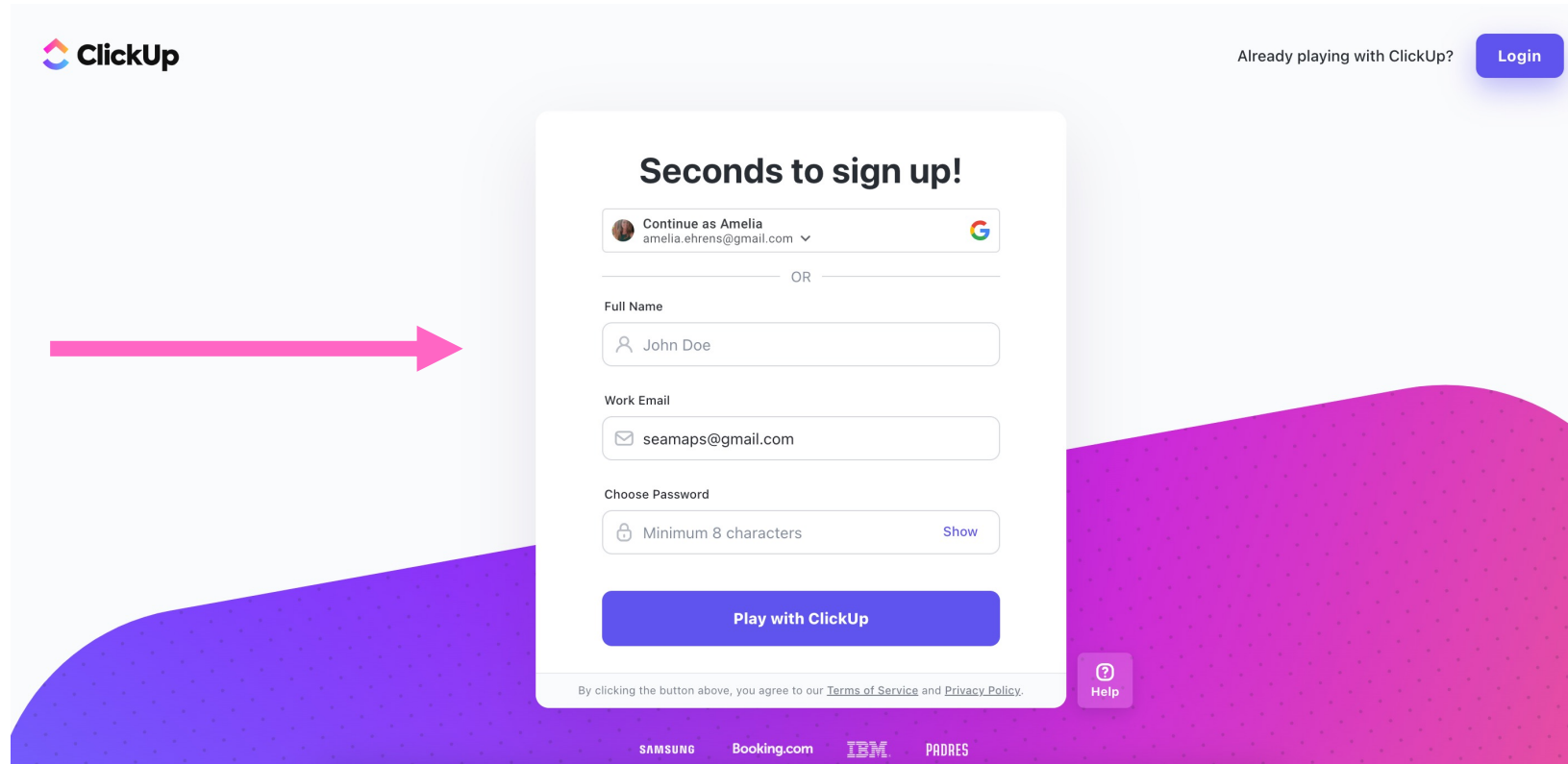
Get Started. It's FREE →

 Rated #1 Collaboration and Productivity product 2024

# ENTER YOUR EMAIL. IT CAN BE A PERSONAL EMAIL (EVEN IF IT SAYS IT NEEDS TO BE A WORK EMAIL).

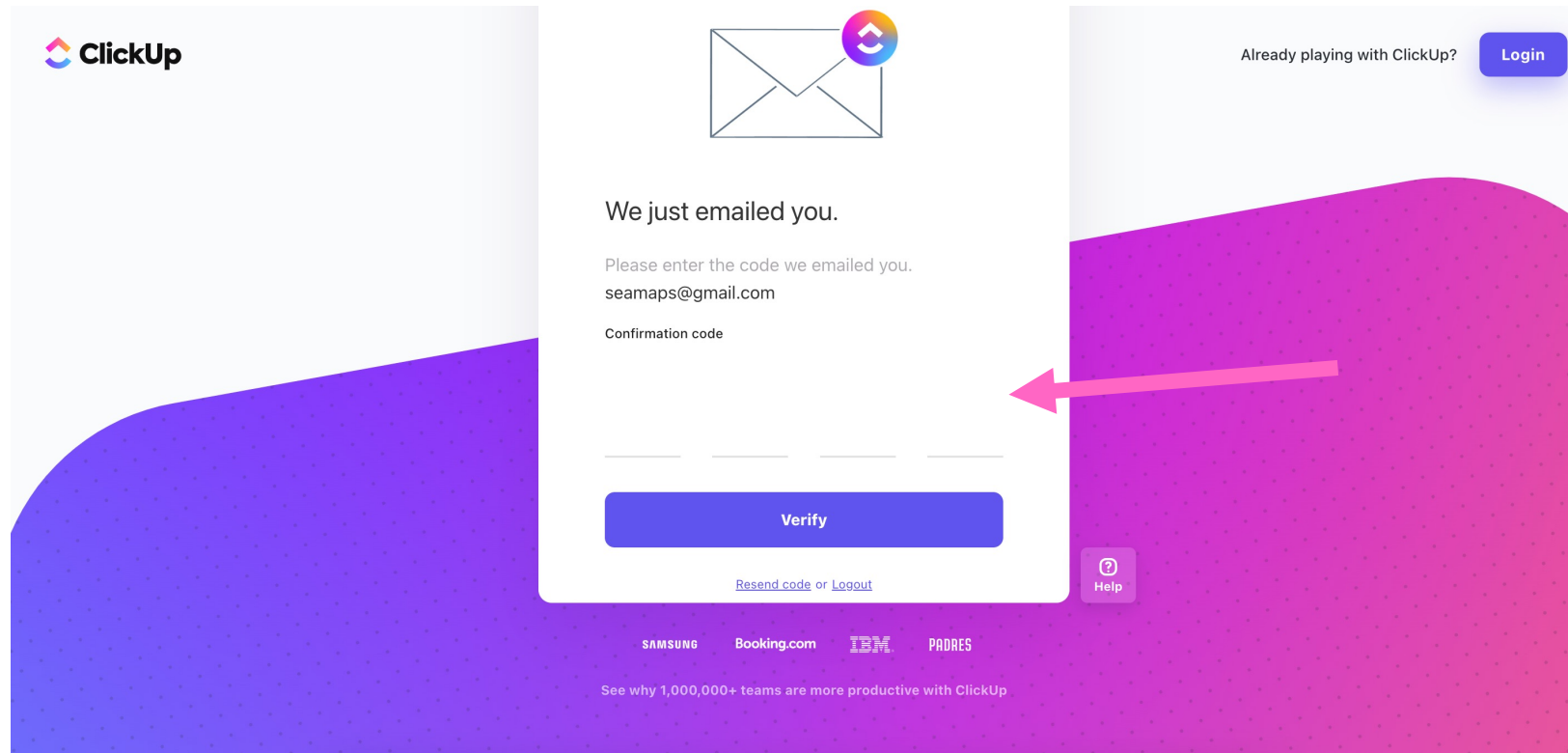


# FILL OUT YOUR CONTACT INFORMATION

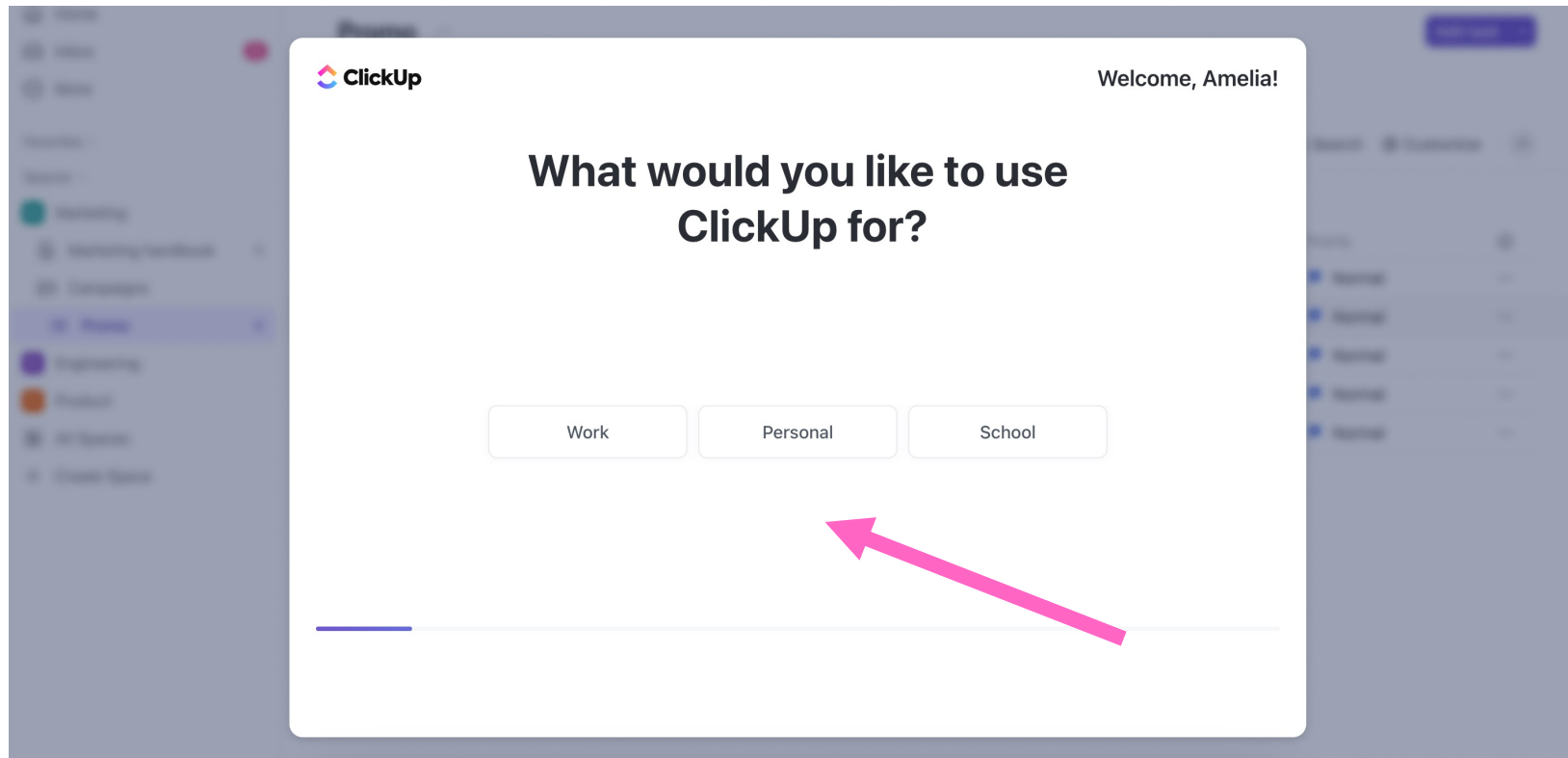


The screenshot shows the ClickUp sign-up interface. At the top left is the ClickUp logo. At the top right, there is a link "Already playing with ClickUp?" and a blue "Login" button. The main content is a white sign-up card titled "Seconds to sign up!". It features a "Continue as Amelia" option with a profile picture and email address "amelia.ehrens@gmail.com", and a Google icon. Below this is an "OR" separator. The form includes three input fields: "Full Name" (containing "John Doe"), "Work Email" (containing "seamaps@gmail.com"), and "Choose Password" (with a lock icon, "Minimum 8 characters", and a "Show" button). A blue "Play with ClickUp" button is at the bottom of the card. Below the button is a small text line: "By clicking the button above, you agree to our [Terms of Service](#) and [Privacy Policy](#)." A "Help" button with a question mark icon is located at the bottom right of the card. At the bottom of the page, there are logos for "SAMSUNG", "Booking.com", "IBM", and "PADRES". A pink arrow points from the left towards the "Full Name" input field.

# VERIFY YOUR ACCOUNT WITH THE CODE



# YOU CAN CLICK “PERSONAL”



# YOU CAN FILL OUT THE NEXT FEW SCREENS AS THEY APPLY TO YOU.



What can we help you manage?

Type a description of your project...



OR PICK ONE

Personal Finance

Personal To-Dos

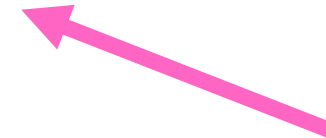
Travel Planning

Health & Fitness

Home projects

Job Search

Skip





# PICK A LIST NAME. YOU CAN CHANGE THIS LATER.



## Confirm your List name

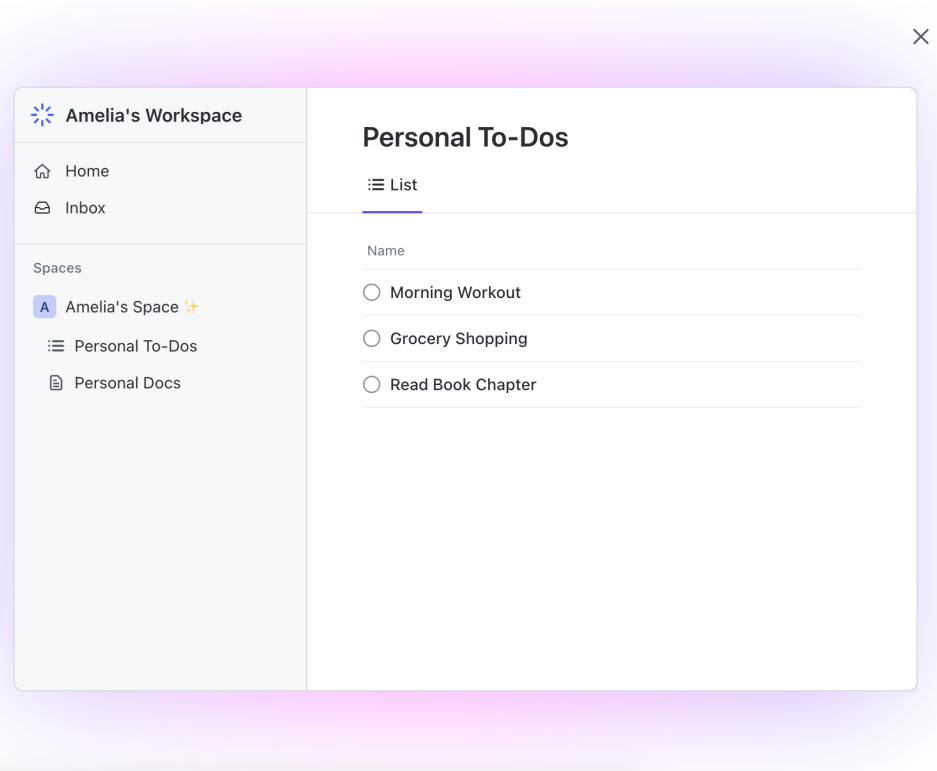
ClickUp can be tailored to any and all use cases. Name your List something relevant to what you're working on.

+ Created by AI

Personal To-Dos

Skip to your Workspace

Looks good >



# WELCOME TO YOUR CLICKUP WORKSPACE! YOU'RE NOW READY FOR CLASS!

The screenshot displays the ClickUp workspace interface. On the left is a sidebar with navigation options: Home, Inbox, Docs, Dashboards, Clips, More, Favorites, Spaces (Everything, Amelia's Space, Personal To-Dos, Personal Docs), View all Spaces, and Create Space. The main area shows 'Amelia's Space' with a 'Personal To-Dos' list. The list is currently in 'List' view and shows three tasks under the 'TO PLAN' status: 'Morning Workout', 'Grocery Shopping', and 'Read Book Chapter'. A 'Getting started' modal is open, indicating 25% completion and offering options: 'Create a Workspace', 'Create a Space', 'Add a task', and 'Add a Custom Field'. The top navigation bar includes 'Ask AI', 'Upgrade', 'New', and other utility icons.

Name	Assignee	Due date	Status	
Morning Workout	👤	📅	TO PLAN	⋮
Grocery Shopping	👤	📅	TO PLAN	⋮
Read Book Chapter	👤	📅	TO PLAN	⋮

# ANY QUESTIONS?

Reach out if you need help with anything!

- By Email: [hello@imdatable.com](mailto:hello@imdatable.com)
- By Phone/Text: 508-717-1003
- By Instagram: [@imdatable](https://www.instagram.com/imdatable)
- By Website: [www.imdatable.com](http://www.imdatable.com)