



HYPERFIXATION ERAS WORKSHEET

A simple, neurodivergent-affirming tool for exploring your creative cycles, cozy constants, and shifting interests.

SECTION 1: LONG-TERM OR “ALWAYS COME BACK TO” INTERESTS

What are my long-term interests or comfort hobbies?

Why do these feel grounding or familiar?

How do these interests support my wellbeing?



SECTION 2: STABLE OR RECENTLY ESTABLISHED INTERESTS

Activities or hobbies that have become steady favorites:

What do I enjoy most about them?

Skills or techniques I want to explore next:





SECTION 3: ROTATING HYPERFIXATION ERAS

Activities I've Hyperfixated On
(Check or list anything that applies)

- Crafting
 - Art or design
 - Writing
 - Cooking or baking
 - Games or fandoms
 - Collecting
 - DIY projects
 - Fitness or movement
 - Learning a new skill
 - Home organization
 - Technology or apps
 - Other: _____
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ERA REFLECTION TEMPLATE

Hyperfixation: _____

What sparked it: _____

What I loved most: _____

Supplies, tools, or resources I dove into: _____

Why it faded (or paused): _____

Would I return to it? Yes No Maybe





SECTION 4: WHAT MY HYPERFIXATIONS TEACH ME

Skills I've gained from my interests:

Things I've learned about myself:

Patterns I notice in my creative cycles:



SECTION 5: MY NEXT ERA (PREDICTIONS OR POSSIBILITIES)

Things I'm curious about right now:

Hobbies or topics I might explore next:

What I want my next era to feel like:



SECTION 6: NOTES, SPARKS & RANDOM IDEAS

