

Find Your Focus

Find Your Flow

Unlock Your ADHD Potential

5 Strategies To Get Focused and Achieve More



# Find Your Focus

To know where you are going you have to find the path. You can't get to the destination you want if you keep wandering off the path. Focus will find the path and keep you from wandering off.

## Weekly Goal Setting/Scheduling

Without setting aside time to plan your schedule, appointments and deadlines will be missed and fun social events will disappear. 5 easy steps can change all that.

1. Download a calendar app for scheduling (I use [Google Calendar](#))
2. Pick a day/time at the beginning or end of your week to plan out the upcoming week. Set a recurring reminder.
3. Enter all of your appointments and social engagements, make sure to set reminders.
4. Enter time needed to work on any projects (work projects, passion projects).
5. Give these projects **clear deadlines** (dates/times) for completion, set reminders accordingly.

## Daily Focus List

The focus list isn't just a "to-do list"; it's a grounding tool that will block out distractions and refocus your attention as needed.

1. Each day brain storm a list of things you need to accomplish
2. Condense the list down to no more than 5 items
  - 3 High Priority Items - these are our passion projects or important work related projects. They require a good deal of focus and creativity.
  - 2 Low Priority Items - these are activities/projects that need to be accomplished but don't require a high level of focus.
3. Place it somewhere highly visible.
4. Check off the items as you accomplish them.
5. If you don't complete all the items in a day, don't stress. Simply move them to the next days Focus List.

# Find Your Flow

When your mind is unobstructed by racing thoughts or shiny objects it is in what I call "the flow". Creativity and focus are flowing effortlessly and you can accomplish anything.

## ● Find Your Clarity

The greater your clarity, the easier it is to stay focused and accomplish great things. If you are having trouble paying attention or creating on a project ask yourself the following to dig deeper.

- What do I want to achieve?
- Why do I want to achieve this?
- Whose expectations are driving this project - your own or someone else's?
- Do you understand what you need to do?

Understanding expectations will make it easier to ignore distractions and stay positive.

## ● Follow YOUR flow

People with ADHD have many superpowers, but you can't always predict when they will kick in. Respect your brain and recognize when you are "in the flow".

- "In the flow" means you are ready for tasks that require creativity and focus. You don't force the ideas they just flow through you.
  - This is the time to work on the High Priority Items from your Daily Focus List.
- If you totally aren't "in the flow", allow yourself to shift your focus to projects that require less creativity and focus.
  - This is the time to work on the Low Priority Items from your Daily Focus List.

## ● Keep a "Brain Dump" journal

Racing thoughts and a hyperactive imagination can make it challenging to stay on target. To free up your mind and reduce anxiety do a "Brain Dump". Write these ideas and thoughts down in a journal until a later time when you can address them properly.