

ADD & Mastering It!

36 Strategies

Cheat Sheet



TIP # 1 – Accept It!

Once you obtain a reliable diagnosis, try it on, be cool with it. It's been there all along, now you know. Now you can actually master it.

TIP # 2 – Educate Yourself

Learn what ADHD/ADD is, and is NOT. Educate yourself, your family, even your doctor.

TIP # 3 – Find your Flavour

ADHD involves numerous genes. Where and when does it impair you? What symptoms are costing you the most?

TIP # 4 – Bend the World to You

Adapt your surroundings and schedule to work with your ADHD. Night owl? Best before noon? Need quiet? Or lots going on?

TIP # 5 – Chunk It Up

When paralyzed by overwhelm, break any job, project or activity down into small chunks. How small? Till you know you can do it.

TIP # 6 – Take Action

Start. No matter how small, take that first step. Forget perfection. Build momentum. Make mistakes and adjust as you go. Doing something always beats doing nothing.

TIP # 7 – Use Doorways to Remind You

As you exit a room look back. Leave anything? Take a quick inventory. Have what you need?

TIP # 8 – Make an Entrance

Don't carry anger, fear, or frustration home. Leave it at the door. Choose to be great. Step into the role of good parent, loving spouse.

TIP # 9 – Meditate

Start small. A few minutes. Then build. During delays & lineups pause, breathe, & relax.

TIP # 10 – Seize Small Opportunities

On hold? waiting? Call mom. Update your agenda. Tidy a room, purse, computer screen.

TIP # 11 – Sing, Dance, Move

Doing chores? Put on music you love. Sing. Dance. Stretch. Smile.

TIP # 12 – Don't Apologize

You are not your symptoms. You have a different mindset. It creates challenges. Which you are learning to master. Simple as that.

TIP # 13 – Apologize

If you mess up, apologize. Don't offer lame excuses. Commit to preventing it happening again. ADHD is an explanation, not an excuse.

TIP # 14 –The Right Job

Why be miserable for 8 hours a day? You won't do a good job and you'll be frustrating to work with. Find the right job and soar.

TIP # 15 –The Right Partner

You want a spouse who is committed to your success and understands ADHD. You do not want a nag, boss, or 'mother'.

TIP # 16 – Simplify

Reduce your stuff. Simplify. Don't cram your schedule with tasks you never do. Get real.

TIP # 17 – Start Small

Even a ridiculously small step can break that log jam of lethargy. Once you get moving the second step is easier. And momentum builds.

TIP # 18 – Exercise

There is plenty of controversy about ADHD treatments. But every expert we interviewed said exercise is hugely beneficial. And free!

TIP # 19 – Forgive

Forgive yourself for your missteps. You had no idea. Forgive those who ‘should have noticed’. They didn’t. Anger only drains you. *Forgive.*

TIP # 20 – Make Lists

But break tasks into steps. List them all, then focus on what’s first. Going shopping for 3 items? Don’t trust your memory.

TIP # 21 – Reframe It

Are you impulsive or spontaneous? Scattered or cross-disciplinary? Shift your perspective to see the potential upside. It’s free and instant.

TIP # 22 – Clarify Your Goals

Now that you know about ADHD, you have a chance to succeed. Where do you want to go? Which symptoms will stop you? Target those.

TIP # 23 – Choose Your Distractions

Some ADDers focus better with a low level distraction in the background. Music. Or a TV. A pet.

TIP # 24 – It’s Your Experiment

It’s your life. Do what is best for you. Learn the facts about medication. Then choose. If an alternative therapy helps and it’s not illegal, immoral or harmful, keep doing it.

TIP # 25 – Play to Your Strengths

Delegate what you don’t do well. Get help. Then focus on where you soar. That’s where fortune, success & satisfaction await you.

TIP # 26 – Journal

Keep a daily journal. Handwritten. Your setbacks & progress. Don’t judge. Record facts, what you did, *not* what you should have done.

TIP # 27 – Turn off the TV

Or watch less.. Avoid News for a month. 99% of it doesn’t affect you. Spend the time on what matters to you.

TIP # 28 – Laugh

Laughter impacts your mind and body. Lots of good chemicals. Laughter frees you from fear. Jokes open your mind up, breaking old patterns.

TIP # 29 – Only One Schedule

Have one master calendar for everyone. Get software that automatically updates you all.

TIP # 30 – Don’t Trust Overwhelm

Are you not sure where to start? What needs doing? Too much to be done? Use Tips 5, 6 & 17: Chunk It Up, Take Action, & Start Small.

TIP # 31 – Build a Team

No one ever does anything worthwhile alone. No one is self-made. Let others contribute. Build allies. Barter for expert’s services.

TIP # 32 – Keep It Together

Have a spot for everything. Keep things you will need together. Not just your receipts, but a calculator, pens, paper, stamps & a checklist.

TIP # 33 – Get Real About Time

Note how long tasks actually take. Leave early to allow for unexpected delays. Being on time feels *good*. If you’re early, see Tip 9, 11, 18 or 28.

TIP # 34 – Gratitude

Every day, write out 5 things you love. A friend, a food, a movie, whatever. Gratitude reminds us what’s working and increases happiness.

TIP # 35 – Create a Bigger Context

It’s easy to make changes when you have a big enough motivator. Master your ADHD so that your children will learn to do the same.

TIP # 36 – Don’t Overdo Things

Don’t overcommit to projects, people, or activities. Even around ADHD! Build one new habit at a time. Taking on too many of these strategies leads to overwhelm & failure. Again.

Totally
ADD