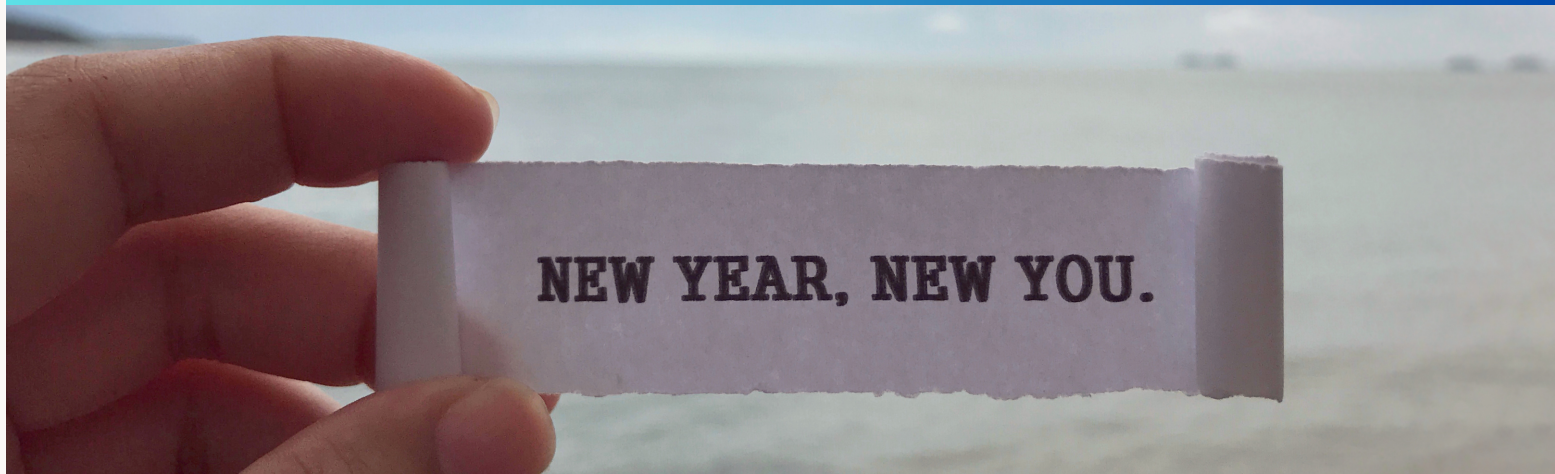




NEW YEARS RESOLUTION ADHD-Friendly Edition

For us ADHDers, we need a bigger purpose to stay motivated a light at the end of the tunnel to pull us forward. Without that light, we struggle to connect with tasks, especially the mundane, day-to-day ones like hygiene and maintenance.

SO FOR US, HAVING A GOAL ISN'T JUST HELPFUL—IT'S NECESSARY!

SETTING RESOLUTIONS WITH AN ADHD BRAIN IS AN ART



**THE TRICK IS IN FINDING THE SWEET SPOT BETWEEN
DRIVE, OVERWHELM & DISENGAGEMENT**



Too much detail?

Feels impossible! We shut down and completely lose motivation



Too vague?

Feels distant! We disengage and forget about it

LET'S EXPLORE THE COMMON TYPES OF GOAL-SETTING STYLES FOR US ADHDERS

ADHD BOOM BUST CYCLE

ADHD SWEET SPOT

ADHD WORLD OF FANTASY



We engage best when we see the full picture—both the vision and the outcome. We need to understand the goal, see the steps clearly, and track progress to stay excited. Otherwise, it's just a nice theory that lasts five seconds before vanishing

Let's say your New Year's goal is to find a hobby that adds momentum and excitement to your life

You imagine yourself a year from now, telling everyone:

"I DISCOVERED THIS AMAZING ACTIVITY! I'M ACTUALLY GOOD AT IT, AND IT'S PART OF MY ROUTINE NOW!"

GOAL ADHD BOOM-BUST CYCLE

**The novelty of endless possibilities sparks excitement ideas explode..
Painting, music, hiking, photography... so many options to explore!**

Then, the urgency kicks in, everything needs to be figured out right now for it to work out

- ➡ Which one makes more sense overall?**
- ➡ What do I need.. What am I missing?**
- ➡ How do i even start?**

Five seconds later... Operation shutdown

**Overwhelm meltdown,
brain crash**

**The goal vanishes out of existence
never to be seen again**

OR

**Procrastination, avoidance,
and guilt cycle takes over**

**The once-fun goal now feels like just
another burden on your checklist**

GOAL ADHD WORLD OF FANTASY

"It's too soon to commit! Let's not lock it down yet"

The thrill of endless possibilities is too exciting, I know I'll love it! I'll be great at it! Let's keep it wide open!

Too vague The goal feels distant without a clear path it stays a dream , making it easy to disengage and lose focus. the beginning of the endless loop of chasing impulsive distractions to keep the excitement alive... but never actually starting

GOAL ADHD SWEET SPOT

DREAM BIG

Define The Why

- What's the real reason you want a new hobby
(Do you want to move more, Be more creative, Feel more social?)
- Fast-forward one year: What does success look like?
Example: "I want to feel strong and energized."

PLAN BACKWARDS

Reverse-engineer the process to create a clear roadmap working backwards from your goal.

ONE ACTION AT A TIME

*Start with just the first action. That's it!
keep the momentum by focusing on the excitement of progress.*

Think of it like a GPS route to your destination:

- *What's the last step before you fully achieve it?*
- *What's the step before that?*
- *Keep tracing it back until you reach the very first step you need to take*



HOT TIP

KEEP THE ROADMAP VISIBLE SO YOU
SEE THE BIGGER PICTURE WITHOUT THE
OVERWHELM OF DETAILS OR THE URGE
TO JUMP AHEAD



GOAL
ACCOMPLISHED

SO, WHAT'S ONE THING YOU'D LOVE TO BE CELEBRATING
THIS TIME NEXT YEAR

