



**By Cynthia North, Certified ADHD Life Coach**

Living life easier is good for all of us, ADHD-minded or not. You do not have to have Attention Deficit Hyperactivity Disorder (ADHD) to use what is shared here in the ADHD uPLifted Series to improve your quality of life. Do you want to find ways to work with your brainpower? Then you are in the right place. The ADHD uPLifted Series is a monthly publication written by me, Coach Cindy to offer you tested ways to lift up your chin and find your strengths from within. Attention Deficit Hyperactivity Disorder is a different ability in mastering life. Whether you are diagnosed with ADHD, think you have ADHD, or just need ways to live easier than this is the place for you. Inside you will find inspiration packed full of helpful tools, tips, strategies, and fast facts to try out. I hope you find this information value-added.

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**FAST FACT**

**Resolution or Goal?**

After 6 months, **46%** of people who make a resolution are still successful in keeping it. In comparison, of those people who have similar goals but do not set a resolution, only **4%** are still successful after 6 months.

(New Year's Resolution Statistics (2021 Updated) - Discover Happy Habits, 2020)

# My Notes



## **Disclaimer:**

The ADHD uPLifted Series is not provided to diagnose or treat Attention Deficit Hyperactivity Disorder. The information included in each ADHD uPLifted Series is offered with the intention of being value-added to the ADHD community and to those who are invested in brain health. This publication is created to start the conversation. This is not a sole source of available information nor intended to be considered so. I am not affiliated with any product suggested in this publication nor do I receive any compensation from the associated businesses or products. Please consult with your medical professionals only using this information as you see fit.



# A Fresh You Disciplined and Deserving with ADHD

By: Cynthia North, CALC

The New Year is a launching point for many people. For those with Attention Deficit Hyperactivity Disorder (ADHD), a fresh calendar start could be energizing or daunting. On the other hand, the New year could bring a refreshed feeling of a restart- "new year, new me!" How often does this saying splash across your social feed? Maybe you even declared it! Perhaps you are taking a deep sigh as you read this. Either way, this month's series is for you. You are naturally creative, resourceful, and whole. You can stick with your resolutions, and today you have a Life Coach believing you will nail them with the right tools and strategies tweaked to work for your brain style.

New Year's Resolutions are made by 45% of Americans. Perhaps you are part of the weight loss go-getters or those declaring to add exercise to your daily practices or choosing healthier eating. Fantastic! Maybe you are quitting something or adding something into your day. Great! But, how will you become part of the percentage to announce on December 31, 2022, "I did it!"? According to a survey published by Stephen Shapiro, of the 45% of people that set New Year's resolutions, only 8% of people are always successful in achieving their resolutions. (1) Where is the air in your sail now? In this article, you will discover strategies to keep your word to yourself with the backstory of where resolutions started, how successful people are at sticking with them, and strategies to achieve yours.

[“Instead of trying to change your entire life in January, the simpler strategy is to adopt a 12-month plan where you’re making constant improvements.” – J. Scott](#)



## Resolution, Goal or Both

Which is better, setting a resolution or a goal? Depending on your mindset and emotional connection to these two words, one word may fit better than the other. Some believe resolutions are more impactful than setting a goal. Others feel goals are easier to achieve. Let's look under the hood before you marry one mindset or the other. Dictionary.com defines the word resolution as a firm decision to do or not to do something. The word goal is defined as the object of a person's ambition or effort, an aim or desired result. What if resolution married Goals? "Reso-Goals." Working with these two words in partnership may offer you attainable success. Resolutions are great but let's do even better this year by setting a New Year's Resolution with an achievable goal.



## Celebrate Like the Babylonians

Resolutions started 4,000 years ago with the ancient Babylonians (2). I won't bore you with all the history if it's not your thing, but it is our starting point for your future success. The New Year was celebrated not just one night but for twelve days during the festival of Akitu. The Babylonians set resolutions and tied their accountability to their pagan gods. Favor on them would only come if they kept their resolution. This history provides two key must-have elements for successful resolutions- celebration and accountability. The Babylonians were onto something.





**ADHD Survival Tip: Develop an action plan for your resolution. Have a plan B and C so you can be successful.**



## Desire

You must want your resolution. Is this a resolution or goal you truly desire, or is it suggested by someone else? Where is your mindset? You must first define your desired outcome. What is it you "really" want from your resolution or goal?

**Ownership** is your very first step. What do you want? What do you need from this New Year?



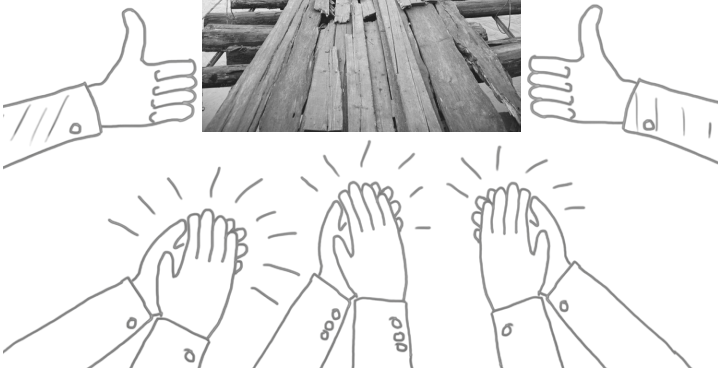
Carve out 30 minutes to write everything that comes to mind in a journal using the above questions. Use whatever journaling format works best for you, bullet form, prompt and answer, letter to self, or run-on sentence. Let it be messy. The act of writing is putting your inner thoughts into the action of writing. The ADHD brain processes quicker and can generate ideas easier when the body is also in motion. Sometimes this can be tricky for those whose brains fire faster than they can write. In this case, using voice to text can be helpful. Some firmly believe in only pen and paper work. But, you do you! Journaling ties in the visual aspect of processing. Getting your thoughts out of your brain through journaling may be an option to visually see where your emotions are within your resolutions and goals. Journaling is not just for teenage girls anymore. Successful entrepreneurs journal regularly (3).





## Celebration

How can you be more Babylonian in celebrating your intentions for the new year? Celebrating gives something importance. What about your resolution is important to you? Whether you celebrate privately or you choose to rejoice "New Year. New Me!" on your socials is up to you. The act of celebrating sets precedence for your future choices and grounds you for your desires.



The future is worthy of your celebration. Your perspective is key to your success. Frame the New Year by visualizing what you will look like or accomplish. Celebrating kicks off your year with inspiration, joy, and energy.



## Mindset Matters

Suppose your mindset is mourning another year past, or you are looking negatively at the year ahead in doubt that much will be better. In that case, you may benefit from a mindset shift. You may not be ready to set a resolution

yet if you carry a negative mindset. The ADHD mind can easily find defeat. Perhaps you have been defeated time and time again from symptoms. As a result, you may fall into doom and gloom thinking.



You can get yourself into a better mind space by sitting in a quiet location contemplating what you want at this time next year. How can you make this opportunity different? First, try reframing your thoughts playing the Outcome Game. The Outcome Game is a foreshadowing game to help you see possible outcomes before they happen. And then determine what you believe will happen with what you know about yourself. If you are not satisfied with your answer, ask yourself how you can influence the outcome in the direction you desire most. Determine what is in your control?

### HOW TO PLAY

You can write this down, think out loud with a trusted person or quietly think on your own about the possible outcomes of your situation. This can be done in real-time or in advance.

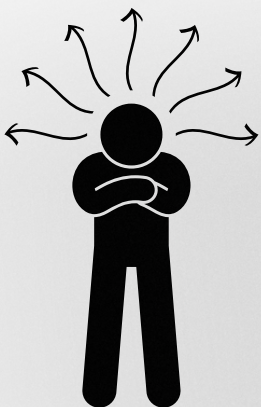
#### **Best-case Outcome—Most Likely Outcome—Worst-case Outcome**

Example: *This year I will lose 10 pounds.*

BCO= I lose 16 pounds disciplined in my eating and exercise choices.

MLO= I lose and gain throughout the year, having my health in mind.

WCO= I gain 5 pounds in the first month and lose the excitement and belief of ever losing 10 pounds.



*What we plant in the soil of contemplation, we shall reap in the harvest of action.*

- MEISTER ECKHART, GERMAN PHILOSOPHER



**Contemplating** possible outcomes helps the ADHD mind pre-plan for what could be. Getting out ahead of what could happen offers you to use your problem-solving and creative skills to get ahead of what could become a wall. For example, If you were to gain weight instead of losing weight as you desire, what could you do differently to solve the problem? Again, what is in your control?

## Discipline to Achieve

Do you work best all or nothing, in a snowball effect, small bites at a time, achieving something more creative? Resolutions and goals require discipline to succeed.

Discipline is the foundation of your success. What could get in the way of you having discipline. ADHD symptoms can make follow-through difficult. What will you need to be successful?



*“And now that you don’t have to be perfect, you can be good.” —John Steinbeck, writer*



*"I'm deciding to be my own individual self, and it looks nothing like what anyone else is doing. There's something so powerful about being unique." —Alicia Keys, musician*



# Are you SMART?

Hell YES, you are smart! But are you setting SMART reso-goals for 2022? Using the SMART Goal system, your reso-goals can be attainable. You can find a free template to suit your needs here created by Template Lab(4). A SMART Goal template can help you set a resolution for 2022 that you can achieve for 2023. Smart Goals are Specific, Measurable, Attainable, Relevant, and Time-Bound. You are smart. Let's go a step further and be S.M.A.R.T.E.R. by adding Evaluated and Reward to setting your resolutions with SMART goals. The ADHD mind is more equipped with a follow-up for accountability and an added reward to spark and maintain momentum.



**S**pecific

**M**easurable

**A**ttainable

**R**elevant

**T**ime-Bound

**E**valuated

**R**eward

“The secret of change is to focus all of your energy not on fighting the old but on building the new.” –Dan Millman

# BE AN ACHIEVER

**Why do you deserve your resolution or goal in the first place?**

**What is making it necessary this year?**

These simple questions may help you gain clarity and a deeper understanding of why you deserve to keep your reso-goal for yourself. You deserve to achieve. Here are a few tips that may help you add to the success stories in 2023.

## 1. Start Small

A year-long goal can become self-defeated in the ADHD mind when time awareness is a problem. You may try chunking the year down into quarters or even by weeks. Then, rather than looking only at the final result, cut back to the first step towards the end goal if you have resolved to lose thirty pounds. Great. How can you start towards that goal? What could your first choice towards weight loss be?

Example: Lose 1 pound in the first week by bringing a healthy snack to lunch four days a week instead of eating out every day.

## 2. Be Motivated

Know what motivates you. Streaks- Rewards-Recognition-Feeling/Seeing Progress. Many of my clients are inspired by streaks. Yes, the sticker chart works for adults, too. You deserve a gold star. Rewards help keep resolutions and goals

front of mind. How can you not lose sight of your intentions? Perhaps you ask a trusted friend to report on your progress. Maybe you note what you see yourself with a win chart or progress ledger. How can you make this interest-based and exciting?



### 3. Use the Umbrella Method

In using the example above, weight loss is the over-arching resolution. It is the umbrella intention. What are you doing to hold it up from the rain above?

Why weight loss?

To move freer.

How will you handle weight loss?

Exercise five days a week for 20 minutes.

Start with a protein breakfast each morning.



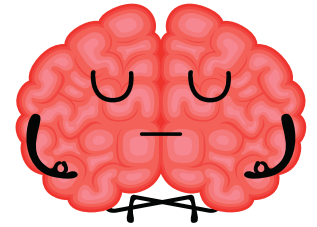
The **Umbrella Method** can be applied to any resolution or goal. Perhaps you want to earn a better wage, or you want to move to a new city, take a new job or get better grades. Maybe you want to be a better Mom or Partner. How will you handle that? Get your hands on the handle of your umbrella, and you will have what you need to weather any storm. Start with the small steps.

The 3- C's of Life:  
Choices, Chances, Changes  
You must make a choice to take a chance or your life will never change.  
-Zig Ziglar

#### 4. Slow Down and Meditate

Are you in control of your thoughts?

The power of the mind is an asset when harnessed at its finest. Self-sabotage can derail even the best of plans. Racing thoughts, daydreaming, and loss of concentration are very common for ADHDers. A study supported learning and practicing meditation techniques can help manage ADHD symptoms (8). Mindfulness apps and mental fitness have grown in popularity. The leading app, Headspace, has been downloaded over 65 million times and is used by over 2 million people.



#### 5. Define Your Allowance

How much money do you have available to support your reso-goal? In a [survey](#) by Quicken, 56% of people spend money to support their New Year's Resolution. (8) However, spending money does not necessarily correlate to achievement. Carefully consider what you truly need to be successful. Then think about how you can get that for free.

Hint: Search for free trials and rotate through them. Find discount coupons or refer a friend programs.

#### 6. Build in Time for Yourself

Scheduling yourself into your day. It is VERY easy to put yourself on the back burner and wait until the "other must-dos" are completed. What do you need to move for your reso-goal to be on your "must-do" list? If you do not give time for yourself, you will not achieve what you intend to do. Sorry, true fact!



Take action! An inch of movement will bring you closer to your goals than a mile of intention. - Steve Maraboli



## 7. Take Real Action

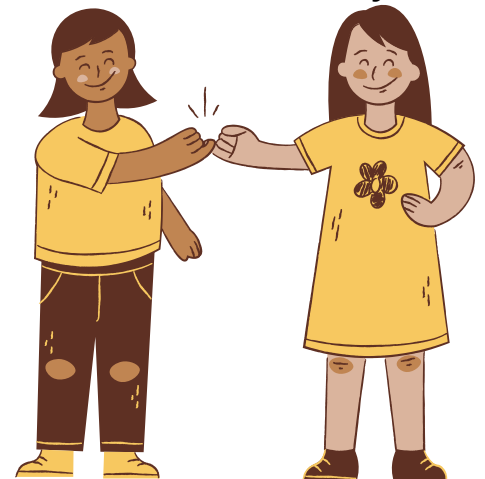
Planning is an intention to do something. How will you put your plan into action? That old saying, "talk is cheap," rings true here. Bring your reso-goals to life by defining your actionable steps.

I will \_[PLAN]\_ by \_[ACTION]\_ at \_[TIME]\_.

Example: I will turn in my paper on Friday by sitting down with my research notes at 9 am for 30 minutes.

## 8. Enlist a Partner

Keep handling your reso-goal by pairing up with someone else who shares a similar reso-goal. You are more likely to follow through with an accountability partner. Showing up for someone else helps maintain momentum when the ADHD brain gets bored with the routine. You will also naturally not want to let them down. Holding yourself accountable on your own can be very hard. The mind is clever at talking us into or out of something. An external person can help you keep your eye on the prize, and you can feel good as a cheerleader for them, too.



*The act of Selfness combines focus on the state, condition, and quality of oneself. Attention to self is most deserving. CN*

## 9. Practice Self-Love

No matter how many tips, tricks, or strategies you put in place to handle yourself, you will slip up. You may even forget your intentions when life gets hectic, or you find yourself stuck in groundhogs day. ADHD struggles are real even with all the treatments. ADHD is lifelong and requires awareness. Go into this year with empathy towards yourself. How can you forgive yourself when you slip up, or how can you be patient when the results are not coming as fast as you want? The words you say to yourself, would you tell them to a friend? An even stronger statement, Would you say the words you say to yourself to a stranger.

From an early age, we are taught to be kind to others and share, but many of us are not taught to follow the same rules when it comes to ourselves. Practice mindfulness to get a handle on your self-talk. Stay tuned. The February issue of ADHD uPLifted will highlight Self-Love through Selfness to include Shirzad Chamine's Positive Intelligence (PQ) Program now offered through EmpowerM3 in conjunction with ADHD Life Coaching.



## 10. Track It To Remember It

Having a record helps you keep your intentions. You can keep a record by using a journal, calendar, ledger, voice-to-memo, phone, or computer application. This is a common area people are good at doing at first and then forget. Try placing your record keeper in an easily accessible place where you will see it first thing in the morning or the space you need it. Keep a chart by your scale for recording your weigh-ins. If you choose healthier eating, keep your food journal in your kitchen where you prepare your food or use a notes app on your phone that will sync across your devices if you are eating on the go. Tracking can be as simple as tick marks.



*"The dread of doing a task uses up more time and energy than doing the task itself."*

*--Rita Emmitt*



## 11. Blast Procrastination

The ADHD mind is well-known for procrastinating with time fatigue, overwhelm, a defeated mindset, distractions, and, well, you know best-those things that get in the way and play on your procrastination. So, what systems can you put in place?

- Structure your schedule into blocks of time. What is your staying power for focus before needing a brain break? 30 minutes with a 5-minute break?
- Build in habits by pairing a new habit with an old one. \*
- Set timeframes for completion.
- Set personal deadlines that will not allow you to rely on procrastinating to get started.
- Work backward from the end to the start to get work done on time.
- Use a to-do list. Try chunking your to-dos into categories or by days of the week if your to-do list continues to run on and on.
- Use colored sheets of paper to help them identify what is essential to achieve. \*
- One task at a time. If your mind wanders to doing another task, write it on a sticky note to come back to (5).
- Know when you work best and use that time for high-priority tasks. Don't start looking at emails if you are most focused when you first wake up. Instead, get started on a high priority to do.

\*Client approved

*"The ability to simplify means to eliminate the unnecessary so that the necessary may speak."*

— Hans Hofmann

## 12. Simplify-Simplify-Simplify

What will make achieving your reso-goal easier? How can you simplify your life so you do not have to use up your energy? Many ADHDers need everything out and visible. Medications are forgotten if kept in a cabinet, so they are kept by the coffee pot or on the nightstand with a glass of water. Maybe the clutter is too overwhelming to have a sense of ease and flow in your life, but you also need to see what you need to see. This is where organization is critical. Maintaining organizational systems can be problematic over time, especially when time is pressing.



Try using a launchpad for all of your essential items needed to get out the door; keys, phone, earbuds, wallet or purse, one carryall- backpack for school, or a work bag for work. Have a clear zone in areas where clutter creates overwhelm for you. Use a "now" folder for bills. Find a suitable house for your items. Who says socks must be in a dresser drawer? This can be different for you. A basket of socks by your shoes in the laundry room to be thrown on and off where they are needed most. Touch things once and put them where they live. Take a look at your reso-goal and see what adjustments you can make now to simplify how you exert your energy to succeed.





*What you think you deserve is what you are getting in life. ~ Roxana Jones*



You are deserving of a full and happy life. As the new year ticks into gear, use the foundation of discipline in your New Year's Resolutions and future goals. Set "Reso-Goals." ADHD symptoms may trip up your efforts to get what you are seeking, but they do not have to keep you down. You can gain a deeper awareness of yourself to find the strategies and tools best suited to create ease and flow towards this year's reso-goals. You can be part of the 8%.



It's time to step **forward**. Play around with these tips. Try them on to see what fits best. Living with ADHD and finding solutions is like going in the fitting room. A tip or trick may work for this situation and not for another. When you don't know the attire, I was taught that you always dress up for the occasion- don't ever dress down. You shouldn't wear shorts to a black-tie event. You certainly can but it may not serve you best. As you step forward, charged and ready for your reso-goals, ask yourself, "How do I need to dress up for my future?" Employ discipline to get what you deserve- happiness with ease and flow, and you will be next years 8%.

*"Don't make plans. Make options."*

*- Jennifer Anniston*

**Strides: Goal & Habit Tracker**

Track Habits + SMART Goals

Goals LLC

- 4+ yrs
- 4.8 Stars
- 12.6K Ratings



Track all your Goals & Habits in one flexible app. With Strides you can track anything - good or bad habits and SMART goals - with reminders to hold you accountable and charts to keep you motivated.

Recommended in The New York Times, Strides has been called "the most comprehensive, user-friendly, beautifully designed goal tracking app available."

Imagine having all of your most important habits, routines and goals together in one simple to do list. Now you can. :)

Track anything you want with four types:

1. Track good or bad Habits with a streak calendar.
2. Reach your Target goal value by a specific date.
3. Daily, weekly, monthly, yearly or rolling Average.
4. Complete a Project on time with milestones.

(Goals LLC, 2013))

*"My favorite aspect of this app is how easily I can see my needs in one place." CC*



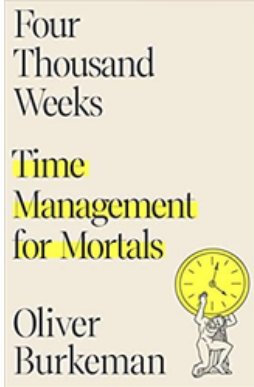
**DID YOU KNOW- EXERCISE**



What if you take the **stairs** rather than ride the elevator? Preiato shares in his article on Healthline, specifically, in those with ADHD, exercise can promote the release of dopamine (a key neurotransmitter), improve executive function, and alter BDNF (an important molecule for communication between brain cells) (Preato, 2021).

Exercise may not become a full substitution for taking ADHD medication, but it will enhance cognition and your overall health.

# READERS *Corner*



## Four Thousand Weeks: Time Management for Mortals

Hardcover – August 10, 2021  
by Oliver Burkeman (Author)  
4.6 out of 5 stars 852 ratings



Nobody needs telling there isn't enough time. We're obsessed with our lengthening to-do lists, our overfilled inboxes, work-life balance, and the ceaseless battle against distraction; and we're deluged with advice on becoming more productive and efficient, and "life hacks" to optimize our days. Drawing on the insights of both ancient and contemporary philosophers, psychologists, and spiritual teachers, Oliver Burkeman delivers an entertaining, humorous, practical, and ultimately profound guide to time and time management. Rejecting the futile modern fixation on "getting everything done," Four Thousand Weeks introduces readers to tools for constructing a meaningful life by embracing finitude, showing how many of the unhelpful ways we've come to think about time aren't inescapable, unchanging truths, but choices we've made as individuals and as a society—and that we could do things differently.

(Amazon.com: Four Thousand Weeks: Time Management for Mortals: 9780374159122: Burkeman, Oliver: Books, 2021)

*"Considering the refreshing opportunity to start fresh I feel compelled to let go of the belief I must do more than I can do? Defeating overwhelm is a common theme in today's world. I will do what I can and be okay with my limitations." CC*



## 6. LISTENING TO NOW

*"Time to remove the dam to let my energy flow. When I am feeling I'm out of my comfort zone maybe I'm actually going in the right direction." CC.*



Destroy Your Comfort Zone  
Runtime: 11:59 minutes



Start at 1:10, Are you stuck in a comfort zone? In this episode, Rob talks about how to destroy your comfort zones!

(Dial, 2019)

# HEALTHY SNACK

## HOMEMADE MICROWAVE POPCORN

This is how you make it:

- 1) Get 1 Brown paper lunch bag & Bulk Popcorn Kernels.
- 2) Put 2 Tablespoons of Popcorn Kernels in a paper bag. Adjust as needed.
- 3) Fold top of the bag closed. (As if you are closing it for lunch twice over. Ha! See image.)
- 4) Pop in Microwave. (Mine takes about 4 minutes, but yours might take longer or shorter depending on wattage, etc, so start with fewer minutes and increase if necessary. Your ears will know when to stop the microwave as the popping slows WAY down. It's kind of obvious. Burn at your own risk. I burned mine the first couple tries. I kept getting distracted.)
- 5) Add toppings as you like. Try mini chocolate chips, cinnamon sugar, want it cheezy and healthy try this recipe: Cheezy- If you don't eat cheese, go for nutritional yeast. Sprinkle on two tablespoons of "nootch" (60 cal) atop popcorn drizzled with Bragg's (0 cal). Take this over the top with a sprinkle of smoked paprika (3 cal). BONUS: 2 T nutritional yeast has 8 g protein and 6 g fiber! (STEPFANIER, 2013)



Popcorn Kernels, Yellow, Unpopped (1 tbsp)  
Calories: 37, Fat: 1g, Carbs: 12g, Protein: 0g  
\*Toppings not included

(Nowak, 2020)

(Here's a GREAT SNACK for People with ADHD!, 2012)

# DR. MIKE'S POWER SHAKE

This smoothie from Men's Health nutrition advisor Mike Roussell, PhD packs in a whole cup of blueberries, and you'll also get a dose of omega-3 fats—good for your brain and heart—from the walnuts and flax.

### BLEND THIS:

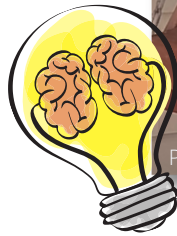
- 1/4 cup low fat cottage cheese
- 1 cup blueberries (fresh or frozen)
- 1 scoop vanilla protein powder
- 2 tbsp flaxseed meal
- 2 tbsp walnuts, chopped
- 1 1/2 cups water
- 3 ice cubes

**Nutritional Facts:**  
389 calories,  
33 g protein,  
17 g fat,  
34 g carbs

(25 High-Protein Smoothie Recipes To Crush Your Hunger, 2016)



Photo Courtesy of Cynthia North



## About Coach Cindy

Thank you for joining me. My name is Cynthia North, but people know me as Cindy. I am a Certified ADHD Life Coach devoted to partnering with clients to create self-success within ADHD and living life. I work with all ages having a special interest in how the brain affects the outcome. I help ADHDer's move from crippled in doubt to capable with clarity. I have expanded to offer personalized Mental Fitness Coaching through Shirzad Chamine's Positive Intelligence Program. New possibilities bloom with deeper self-awareness and through the strength in your mental fitness. I have an innate desire to empower others no matter what difficulties they face.

ADHD has touched me personally and professionally.

I know first-hand how ADHD symptoms and its' behavior can wreak havoc on family dynamics. I chose to become a trained ADHD Life Coach because I want others to discover the greatness within ADHD strengths while working with their executive functioning challenges. I am where I am today because of my two dynamic ADHD children. They both teach me and open my mind to more each day. Their needs were beyond a hug, discipline, structure, or praise. So I sought professional help, ultimately finding a trained ADHD Life Coach. And here I am.

Life experiences have made way for opportunity. I am on a journey to slay stigmas surrounding brain differences. Finding a Life Coach to empower my child led me to become a trained ADHD Life Coach myself to serve others past their stuck ways and ADHD stigmas. Choosing to strengthen your inner-self is where Empower Me starts. The work is an inside job where your "me" begins. Connecting your heart and brain with a Coach creates empowerment opportunities.

EmpowerM3 - is where the 3 connect to take flight.



*There is a more extraordinary tomorrow when the discovery starts today.*

**Resources****Fast Fact**

- New Year's Resolution Statistics (2021 Updated) - Discover Happy Habits. (2020, January 13). Discover Happy Habits. <https://discoverhappyhabits.com/new-years-resolution-statistics/>

**READ**

- (1) Interesting New Year's Resolution Statistics - Stephen Shapiro. (2008, December 12). Stephen Shapiro. <https://stephenshapiro.com/interesting-new-years-resolution-statistics/>
- (2) Pruitt, S. (2015, December 30). The History of New Year's Resolutions. HISTORY; HISTORY. <https://www.history.com/news/the-history-of-new-years-resolutions#:~:text=The%20History%20of%20New%20Year%E2%80%99s%20Resolutions.%20The%20ancient,but%20in%20mid-March%2C%20when%20the%20crops%20were%20planted.>
- (3) Why Successful Entrepreneurs Journal (with Simple Guidelines to Get Started). (2021). Ryan Battles | Micropreneur & Bootstrapping Blog. <https://ryanbattles.com/post/successful-entrepreneurs-journal>
- (4) 45 SMART Goals Templates, Examples & Worksheets ► TemplateLab. (2020, April 6). TemplateLab. <https://templatelab.com/smart-goals/>
- (5) 10 Secrets of People Who Keep Their New Year's Resolutions - UAB Medicine News - UAB Medicine. (2019). Uabmedicine.org. <https://www.uabmedicine.org/-/10-secrets-of-people-who-keep-their-new-year-s-resolutions#:~:text=Less%20than%208%25%20of%20people%20actually%20stick%20to,in%202019%2Cit%E2%80%99s%20all%20about%20sticking%20to%20your%20goals.>
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