

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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M3 Prompted 

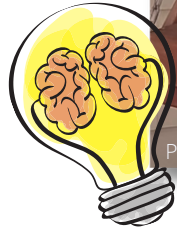
Are you letting others clean up after you? Are you letting others fix the problems you created? Is someone else making decisions for you?

If so, what could you do differently to take control of living your life?

How are you showing up independently?



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 ACC Certified Life Coach with the ICF as a Certified ADHD Life Coach (CALC) and a trained PQ Coach™ member with Positive Intelligence® 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 ADHDers and stuck people 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 with or without ADHD. I believe everyone is worthy of stepping forward *out of stuck*.

ADHD has touched me personally and professionally.

I know first-hand how ADHD symptoms and behavior can wreak havoc on family dynamics, school, and work success. I chose to become a Certified ADHD Life Coach as well as a member of Positive Intelligence® as a PQ Coach™ because I want others to discover their greatness within ADHD strengths while working with their executive functioning challenges through a positive mindset. 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 serving people who want different and deserve ease and flow.

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 Certified ADHD Life Coach myself to serve others past their stuck ways and ADHD stigmas. Choosing to strengthen your inner-self is where Empower M3 starts. The work is an inside job where your "M3" 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.



Fostering Independence with ADHD

How to Develop and Support Independence

Written By: Cynthia North, CALC, ACC

July 1, 2022



Do you avoid doing something yourself out of fear that you could do it wrong? Or perhaps you are so used to people doing everything for you that you don't choose to take action for yourself at all. Independence is both a learned skill and a personality trait. Some people are innately independent, while others need constant guidance.

For hundreds of years, humans have sought independence. The United States was founded on it. When harnessed, independence is a trait and a skill that can do great things. But, independence is best when in balance. Either too independent or too reliant, and you may suffer.

In this ADHD uPLifted Series, I will dive deeper into the independent mind and how it relates to the ADHD brain-style. ADHD or not, this deep dive is for you if you struggle to get others to carry their share, want to take control of your life, or learn how to create space for independence. So, instead of cursing symptoms, let's find how to trigger awareness and implement strategies to tap into your glory.

Your choice to read ADHD uPLifted- Independent M3 will give you insight and steps forward. You will find ten key areas to assess crucial to growing independence. I believe that you want more. Let's get started.

A Staggering Trend

Historically becoming independent was a birthright in the United States. However, in recent years fewer twenty-somethings are launching from college into the next chapters of life. Instead of buying their own home, starting their own family, and establishing a career, they return home to live with their parents. They have been coined "The Boomerang Kids." Failure to launch is another common buzz phrase today. Add ADHD into the mix, and launching can be even more challenging. So, what can be done to set our future generations up for success?

Know Your Makeup



Being independent is both a personality trait and an essential life skill. What happens to the rest of us if being independent is purely a personality trait? Do you throw your hands up, "Nope, it's not my personality to be independent! You do it." I'm pretty sure that answer is not going to pay the bills. If doing for yourself is not your personality, then what?

My guess is you want to pay your bills. Even better, you would love to pay them on time. Perhaps you could fill in anything with a due date if it's not bills. I believe you want to live a prosperous life and have meaningful relationships. These desires are part of human nature.

Learning your personality type and character strengths is insightful information as you discover what your makeup is beyond what you see at the surface level. VIA Strengths Finder is an online assessment that helps identify your specific character strengths within your personality. Twenty-four character strengths fall within six virtue categories (Find Your 24 Character Strengths | Personal Strengths List | via Institute, 2019). Step one is to take a focused look at yourself and your behavior to gain a deeper sense of who you are and the makeup of your personality.

Journal Prompt



Which term fits you?

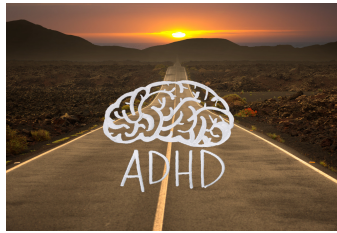
Fiercely independent.

Mostly interdependent.

Obliviously dependent on others to do what I could do for myself.

Clients often find this question difficult to answer if they have not yet turned the lens back on themselves. Answering this question takes self-reflection and self-awareness. Give yourself a few minutes to think about this question. Even better, jot down a few thoughts.

"To find yourself, think for yourself." Socrates

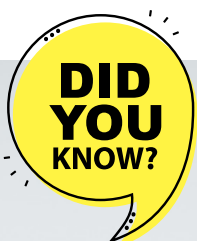


What's Getting in the Way?

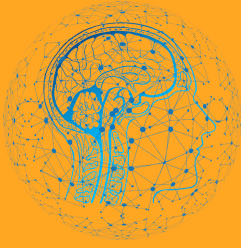
With a clearer picture of your character strengths and personality type, let's dive into what challenges you. ADHD affects people differently and to varying degrees. ADHDers often have complaints of racing thoughts, busy bodies, forgetfulness, intense emotions, lack of willpower, impulsive actions, interrupting, time-blindness, no-start or all go, and more. Even non-ADHDers struggle with these symptoms from time to time, just not for lengthened periods. These symptoms in excess without curbing strategies or supportive scaffolding can become debilitating and hinder independent success.

Forming a sense of independence starts early on. In fact, at seven months of age, an infant is first discovering themselves as separate from their parents. It isn't until three years of age that independence is explored (Young, 2016). In the teen years, independence becomes more robust and can take on a rebellious form. As parents, it is crucial to give opportunities for children to be independent. As much as independence is a personality trait, it is also a learned skill.

For ADHDers, forming healthy independence may need extra encouragement and guidance. Having ADHD is not permission to let others do for you. It's also not permission to accept that you simply are as you are. The "my way or the highway" end of the spectrum isn't healthy either. Taking ownership and responsibility for what is "yours" is crucial in ultimately being successful and authentically happy. So, what can you do?



The emotional development rate for children with ADHD is up to 30% slower (Drah,2021).



ADHD is not about knowing what to do, but about doing what one knows. -Dr. Russell Barkley

(Zhang, 2020)



ADHD Treatment Options

Creating ease and flow is individual to each ADHDer. ADHD treatment options consist of the following and are often combined: ADHD Medication (stimulants and non-stimulants), Holistic Approach (example: CBD oil, or neurofeedback), Diet Restrictions (elimination of food dye and decreased sugar intake), Exercise Regimens (increase cardio to 20-30 minutes per day), Cognitive Behavioral Therapy, Cognitive Rehabilitation Therapy, ADHD Life Coaching, Behavioral Training, Parent Training, Academic Tutoring, ADHD education, and Support Groups. There is promise on the horizon. More advances continue to be made in mental health care, with more studies being done than in previous years.

Clients often come to ADHD Life Coaching out of desperation. They have tried all the other ways to get a handle on life, but none have stuck or taken them where they want to be. The beauty in the life coaching process is that it is future-focused and creates autonomy and accountability toward desired outcomes. To have autonomy is to be free and independent. ADHD Life Coaching is client-driven. For the first time, maybe ever, the client chooses what they need to live their best life. ADHD Life Coaching works when the client becomes independent in their needs and wants and is ready to step forward with action.

What Do You Know Self-Assessment

What is your personality type? If you want to know more about yourself, Truity offers a free and paid version of THE TYPEFINDER® PERSONALITY TEST. To read more about your personality type for free click [here](#) Simply select your personality type and read on.

(The TypeFinder® Personality Test, 2022)

CLICK HERE



Growing Independence

To win at the game of life, you must know how to play. Independence is a relationship matter. All stakeholders involved have to play the game to truly strengthen independence. The first step is to know what game you are playing. To truly grow independence, you must understand how ADHD symptoms are showing up to get in your way.

Playing games is a common family-friendly activity. However, to be successful at playing, you're best to read the rules first. Education is the most beneficial step, regardless of your relationship to ADHD.

How is ADHD present in your life? You may have ADHD. Perhaps you are a parent, a spouse, or a sibling. Even further reach could involve a friend, co-worker, teacher, or boss. Learning about how ADHD plays a role in your life and how you are playing a role in the ADHDers' life is where the game begins. Success is set up here.

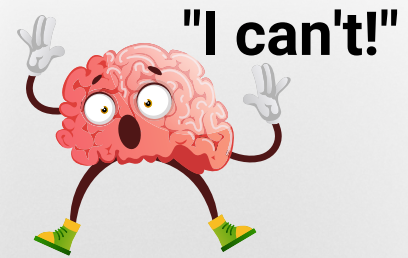
Helpful resources to learn more about ADHD are [CHADD.org](https://www.chadd.org), [Attitude Magazine](https://www.attitudemagazine.com), [Understood.org](https://www.understood.org), and the [Wunder Community App](https://www.wundercommunityapp.com). So dig in and learn before you play or toss the game or blame the outcome. The knowledge up-front will set you up to win more times than not.



Treatment of
ADHD - CHADD



ADHD Coaching
([adhdcoaches.org](https://www.adhdcoaches.org))



How often do you say "I can't? Or do others around you. Maybe it's your boss, "I can't give you that raise right now." Or perhaps your child, "I CAN'T do it!" Or maybe it's your spouse, "I can't, I'm sorry. I have a big project due." Are you feeling put back?

Can't is a negative thinking thought. Learning to use different words to clarify what you do need will help you get what you want.

Beat Can't

Try choosing your words to shift your mindset by using these statements in place of can't. Lynn Daue suggests changing the language in her article, [3 Phrases to Use Instead of 'I Can't' That Will Help You Achieve More](#). Daue suggests I don't, I choose and how can I (Daue, 2016).

"I don't want to get up early."

"I choose to not eat chocolate right now."

"How can I get in my exercise today?"

Shifting a few words can make a difference. What do you have to lose?

Separate yourself from your ADHD. ADHD is something you live with; it isn't who you are. You can come to embrace both your life and who you are when you separate yourself from your ADHD. [10 Best ADHD Self-Help Strategies | HealthyPlace, 2021](#).

A Stakeholder's Vantage Point



Learning to strengthen your independence comes with awareness, practice, and a willingness to continue to learn about yourself and identify where ADHD symptoms are showing up.

Here are seven areas to look at as you are working to develop your independence and take responsibility for yourself.

- Set realistic and attainable expectations around what you want to be doing by yourself. Set yourself up for success. The expectations can tighten over time as you experience more wins over time.
- Involve others in the process of becoming more independent. Start by asking, "If I were more independent, what do you see me doing differently?"
- Implement support with scaffolding to foster independent choice, action, and accountability. Then, slowly draw back the support as the skills strengthen.
- Employ a third-party check-in. If relationships are strained, step away and find someone you can talk to who will continue moving you towards independence.
- Embrace the mistake. Accept failure. There are crucial lessons gained from mistakes and failures. Errors and losses can be framed as positives if you can maintain an open mind. Look at the big picture. Learn from the natural consequences so you can make different choices in the future.

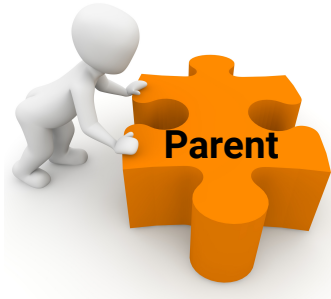
Ask yourself, "What is the pain in the lesson?"

- Give yourself a compliment for what you are doing well. It takes three positive comments to negate one negative. You need to hear what you are doing well.
- If you tend to be overly independent, who could you involve as a sounding board when making important choices? Ask yourself, "What do I need to open up to be more of a team player?"

If you are really stuck, you may consider working with a certified ADHD Life Coach to help you navigate forward.

Your path forward is one step now.

"ADHD is invisible to outsiders."



When Your Child has ADHD

It bears repeating that the most beneficial step you can take is educating yourself about ADHD and how ADHD is presenting in your child. In addition, it is important to note that your child's ADHD symptoms may change as they develop coping skills, gain life experiences, their brain develops, and hormones change.

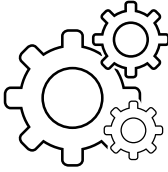
Providing space for your child to have autonomy is immensely beneficial as they mature. Having the skillset to employ meaningful choices is essential in developing independence. Parenting from an informed place with patience and encouragement will lead to greater success.

For older teens in their junior or senior year of high school, you must start letting them practice living with independence. The ability to launch from high school with autonomy and the skills needed takes practice. Practicing independence in the safety of one's home increases the chance for positive outcomes.

The caveat. Parents naturally want the best for their kids. Unfortunately, this intense desire can lead parents into an unhealthy pattern of being "Helicopter parents." The hardest part for helicopter parents is discerning when to give space, knowing an unfavorable outcome could occur. Keeping your child safe is your primary job. It is not your job to prevent their painful lessons in life. In her book, *The Blessing of a Skinned Knee*, Wendy Mogel writes, "Real protection means teaching children to manage risks on their own, not shielding them from every hazard. (*The Blessing of a Skinned Knee* Quotes by Wendy Mogel, 2022)." I am not recommending you dismiss your child's health and safety. However, you must practice good judgment. Ask someone you trust, a doctor, teacher, or friend, for advice if you are unsure whether your prevention of harm is helping or hindering your child from growing their independence.



It takes time to understand an ADHD child...
Be patient... Get curious.



Ways to Help Your Child Develop Independence

- Compliment your child on what they are doing well. It takes three positive comments to negate one negative. Your child must hear what you see them doing well. Make an active choice to look for evidence of their independence—especially the small ones.
- Set realistic and attainable expectations. Set your child up for success. The expectations can tighten as your child/teen wins over time.
- Involve your child in the process of becoming more independent. For example, give your younger children choices: "Would you like to wear the green shirt or your striped shirt?" Allowing choice will build autonomy. Involve your teen by starting the conversation with, "What would being more independent look like to you?" "What are your priorities today?"
- Implement support with scaffolding to foster independent choice, action, and accountability. Then, slowly draw back the support as the skills strengthen.
- Employ a third-party check-in. When relationships are strained between you and your child, step out and find someone your child can talk to that will continue to move them towards autonomy. If you need help, find someone you can talk to. Employing added support can make a difference.
- Let your child/teen make a mistake. Let them fail. There are crucial lessons gained from mistakes and failures. Errors and losses can be framed as positives if you can maintain an open mind. You are your child's guardian, but that doesn't mean they won't fall off their bike, skin their knee, miss a deadline, miss the bus, get a C, or worse, an F. Look at the big picture. Let them learn from the natural consequence, not the punishment you give them.
 - Ask yourself and your child, "What is the pain in the lesson? And, now what?"

Parenting from an informed place with patience and encouragement will lead to greater success. It can be a slippery slope knowing when to give more support and offer just enough to allow individuality and independent growth. Preparing your ADHD child to have the tools to be self-reliant takes patience, compassion, empathy, and playful practice. Probably a few tears, too. I'm not going to lie. Being a parent is hard when you are doing it right. Raising a successful ADHD child is possible. Do not let your child be defined by their symptoms. Help your child learn and grow. You are giving them a hopeful future.

**FIRST
ATTEMPT
IN
LEARNING**



When ADHD symptoms arise—and are not addressed constructively—it can be easy for a spouse to feel like their ADHD partner is deliberately causing them harm and pain (Low, 2020).



I came across a staggering statistic within the ADHD community. It is reported that divorce rates are twice that of the general public for people touched by ADHD (How ADHD Impacts Sex and Marriage, 2018). Partnering with someone is

a choice. So naturally, we make exceptions and find tolerations. We make some leniencies and accept a few quirks. But when this leads to distressing debt, feuds, and turmoil, a shift is required to find a healthy balance in your relationship.

Before throwing in the towel, learn about ADHD and how it shows up in your relationship. If you have ADHD, turn the lens on yourself and learn how you are showing up in your relationship. For the non-ADHD spouse/partner, look at how you are showing up in your relationship. How could you be contributing to the problem? For example, you may have stepped into a parenting role rather than showing up as a loving partner. Coming to your relationship in a parenting role can diminish autonomy and wreak havoc. For couples where both parties have ADHD, it may be beneficial to ask for outside support as you find a path forward.

You can create independence in your ADHD partner by deepening your understanding of where you pick up the pieces. To have the best outcome, it is best to have both parties learn about ADHD and how it is presented so a path forward can be formed together. Deepening your ADHD knowledge helps strengthen empathy for both parties' situations. It is essential to learn healthy communication techniques, set expectations and desired outcomes, and take responsibility for your role.

Develop Effective Language

Learning and practicing how to communicate effectively can be a game-changer in your relationship. Using "I statements" allows you to take responsibility for your feelings and actions while raising attention to a problem.

I feel _____ when you say/do _____.

Ex: I am feeling unimportant when you walk away while I am still talking.



Siblings with ADHD

Siblings play a vital role in strengthening independence in each other. Likely there are many responsibilities at school and at home to juggle. Without intention, the added stress can create rifts and strain in the relationship. For example, the non-

ADHD sibling may feel like they are constantly picking up the slack, while the ADHD sibling feels they are never doing anything right. Knowing the high genetic prevalence, both siblings could have ADHD. By strengthening independence and autonomy, siblings can learn to support each other and grow.



Take a Sibling Deep Dive

1. Define your relationship. Think about how your relationship is with your sibling now? What do you want your relationship to be like?
2. Maintain a sibling presence. Do you tend to be a tattler? Perhaps you have stepped into a parent role?
3. How can you create a cooperative and flexible environment where independence can be practiced?
4. What is your responsibility? What is theirs? How will you own this to allow independence to take form?
5. What supports would help strengthen independence in each person?

By answering these questions, you are creating space to be independent and take ownership. Sharing siblinghood is a birthright. Growing a friendship as siblings is a choice. You own your behavior towards others. You choose what you do and how you respond. If what you are doing is not working, you can change your behavior. Navigating relationships isn't easy, but growing meaningful relationships is rewarding. How you show up is your choice. Sibling relationships are most likely the longest relationship you can share in your life span. What do you want it to be like?



People with ADHD are strong willed. When things go wrong, most people will be discouraged, but a person with ADHD tends to stick it out and find a way to make it work (Daskal, 2015).

Be a Winner

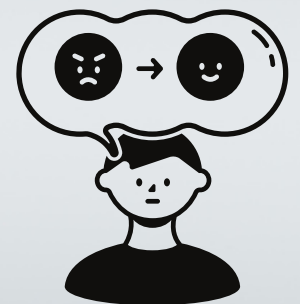
Living with autonomy while having ADHD can be tricky when executive functioning is weak. This ADHD uPLifted series highlighted key stakeholders involved in fostering independence. Most importantly, you must get to know what ADHD means for you and your loved one and ways to be independent with autonomy. You must choose to be independent, and others must let you be independent. Bringing light to strengths that can sometimes present as weaknesses in the wrong environment is crucial.

In reading this, Independent M3, you have opened your awareness to the different relationships; self, parents, spouse, and siblings and how they show up in creating space for independence. In a world where humans are interdependent, it is still paramount to be able to survive independently of others. In doing so, you will have greater harmony and less discord in your life. Instead of boomerang kids, they will be shooting stars, and instead of failing to launch, they will be skyrocketing. Doing for yourself is empowering. Being empowered grows self-confidence which leads to achievements. We all benefit when we all achieve by doing well our way. So go do you with independence!

TAKE SELF-COMMAND

ADHD is a lifelong condition and requires awareness. How can you forgive yourself when your symptoms get in the way? How can you be patient when the results are not coming as fast as you want? Practicing mindfulness to get a handle on your self-talk improves self-confidence, relationships and offers space to move towards your needs and wants.

EmpowerM3 has launched **"The Saboteur Shifter's" Mastermind Groups**, to collectively shift from the Saboteur mindset using the mental fitness program, Positive Intelligence© (PQ). Through the work of a mastermind group, you will share insights and growth through the compassionate support of Coach Cindy. The work of Shirzad Chamine offered in the 6-week-long Mental Fitness program strengthens the ability to self-command your mind and body. You can have control, quality living, ease, and flow in your day.



Now forming Saboteur Shifters For Moms. Be the first to secure your spot. Limit to 4 per group
Text [MOMMastermind] to Coach Cindy at (859)455-6156.
Prefer to go alone? Individual PQ Coaching is available.

Ten Crucial Areas to Form Independence

An ADHD-M3 Self-Checklist

1. ADHD Aware- Do you know how your ADHD symptoms affect your daily living. Are you managing your medication (if taken) to include getting refills with enough time to not go without your prescription for days? Are you talking to your doctor(s)?
2. Self-care- are you taking a shower, brushing your teeth, and regularly presenting yourself in clean clothes without prompts from others?
3. Timeliness- can you wake up on your own with enough time to be on time for school, work, or other commitments? Are you getting your stuff done on time without others telling you what to do and when to do it?
4. Money Management- Can you manage your own money and spending habits? What is your knowledge about taxes, late bills, interest rates, bank accounts, and planning for retirement? How well are you saving money, preparing for the future, and filing your taxes on time? Do you know how to use and track a debit card? Do you know how to manage the bills on time?
5. Task Management- What systems do you have that work for getting stuff done?
6. Memory Management- How are you externalizing your needs so you do not have to rely on your memory? Are you able to plan for what is coming up?
7. Communication Mastery- How proficient are you at communicating and advocating for your needs? What is your comfort level in asking for academic/workplace accommodations when needed? Can you talk openly with your doctor about how your medication makes you feel? Are you able to express your emotions healthily? What habits exist for checking and responding to emails, text messages, and voicemails?
8. Emotional Equipped- How well do you manage all of your emotions? The "good" and the "bad"? How are you able to recognize your feelings coming on?
9. Surviving Conflict- How well do you manage conflicts and criticisms from a growth mindset? Can you reach out for help, or do you suffer alone? Do you tend to act in haste or take pause?
10. Resource Aware- Are you aware of the help available to you?

Ten Crucial Areas to Form Independence

A Parent Checklist

1. ADHD Aware- Does your teen know how ADHD symptoms affect their daily living. Are they managing their medication (if taken) to get refills with enough time to not go without their prescription? Is your teen talking to their doctor(s), or are you speaking for them?
2. Cleanliness- is your teen taking a shower, brushing their teeth, and able to wash their own clothes regularly without your prompts?
3. Timeliness- is your teen able to wake up on their own with enough time to be on time for school, work, or other commitments?
4. Money Management- Is your teen able to manage their own money and spending habits? What knowledge do they have about taxes, late bills, interest rates, bank accounts, and planning for retirement? Do they know how to use a track or a debit card? Do they know how to fill out the receipt at a restaurant to tip the waitstaff? Do they know how to manage the bills from living life and the need to pay tickets on time?
5. Task Management- What systems does your child have in place that works for getting stuff done?
6. Memory Management- How are they externalizing their needs so they do not have to rely on their memory? Are they able to plan for what is coming up?
7. Communication Mastery- How proficient is your teen at communicating and advocating for their needs? Are they able to ask for academic accommodations when they need them? Can they talk openly with their doctor about how their medication makes them feel? Are they able to express their emotions in a healthy way? Can your teen order take-out over the phone or place their dinner order at a restaurant? What habits exist for checking and responding to emails, text messages, and voicemails?
8. Emotional Equipped- How well can your teen manage all of their emotions? The "good" and the "bad" feelings. Do they know how to feel their emotions coming on?
9. Surviving Conflict- How well can your teen manage conflicts and criticisms from a growth mindset? Can they reach out for help, or do they suffer alone? Do they tend to act impulsively, or have they learned to take a pause?
10. Resource Aware- Does your child know how to take public transit safely or how to check out at the grocery store. Are they aware of the help that is available to them?

Ten Crucial Areas to Form Independence

A Spouse Checklist

1. ADHD Aware- How are your spouse's ADHD symptoms affecting their daily living?
2. Self-care- What is your spouse doing to recharge? Are they getting enough sleep? How are they caring for themselves, showering, brushing their teeth, and dressing appropriately for the event? Do they take time to exercise? What are their eating habits?
3. Timeliness- How is your spouse managing their time for important commitments? Are they on time for work? Are they taking on too much or not taking on enough for the available time? How are they balancing their time to get tasks completed without help?
4. Money Management- How is money managed in your relationship? Are you both involved in your finances? What spending habits exist? Are bills paid on time? Are you carrying high-interest rates on credit cards? What plans are in place for retirement? How well are you saving money, preparing for the future, and filing your taxes on time? Who tracks spending? Who pays the bills?
5. Task Management- What systems does your spouse have that work for getting stuff done? How is this done without your oversight?
6. Memory Management- What tools/systems are used to externalize your spouse's needs, so they do not have to rely on their memory or you? How are they planning for what is coming up?
7. Communication Mastery- How proficient are you in communicating with each other? How are you both advocating for your needs? Is your spouse making their own appointments? Are they communicating openly with their doctor about how their symptoms are going? How are they managing their medication (if taken) to include getting refills with enough time to not go without their prescription and sharing how the medication makes them feel? How do they ask for home/workplace support to make life/working easier? How are they connecting with others? What habits exist for checking and responding to emails, text messages, and voicemails?
8. Emotional Equipped- How well do they manage all of their emotions? How do they express their feelings? The "good" and the "bad"? Are they aware of their feelings and emotions? Are they able to recognize their feelings coming on?
9. Surviving Conflict- How well do you manage conflicts with each other? Are you and your spouse open to criticisms from a growth mindset? Can you both reach out for help, or do you suffer alone? How are you both able to take time to think before acting?
10. Resource Aware- What help is available to foster independence in yourself and your partner?



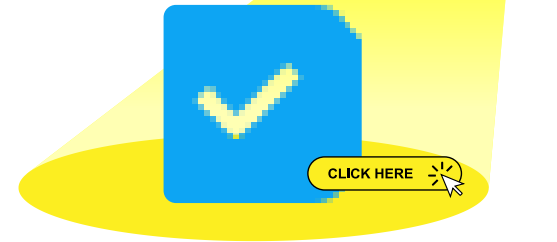
**Any.do: To do list & Calendar
Planner, Reminders & Tasks
#168 in Productivity**

Age 4+

4.6 - 42.1K Ratings

Free / Offers In-App Purchases up to \$39.99/yr

SPOTLIGHT



The best way to organize your life is to organize your tasks, lists and reminders in one easy to use app. Any.do syncs seamlessly across all your devices. It's the perfect combo of a task list, calendar, planner & reminders all-in-one app.

(Any.DO, 2012) (Any.do: To-Do List, Calendar, Reminder, 2022)



STAY ACCOUNTABLE TO WORKING OUT

Working out is not only good at burning calories to improve your waistline but it has a brain-health benefit, too. Exercise increases blood flow to the brain and increases the feel-good getter-done neurotransmitters many ADHDer's are lacking enough of in.

Knowing exercise is good is one thing but holding yourself to working out regularly is another. Try these three must-do exercise tips to keep yourself accountable when you are working out alone.

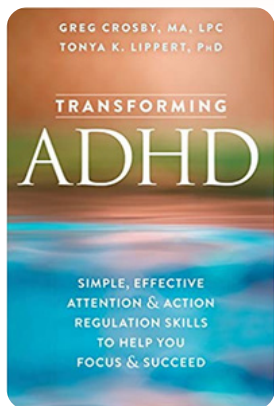
"I will exercise."

- Schedule it- block out the time you will work out. Make it a protected "you" time.
- Find your community. Many workout apps have a community section and even offer live sessions you can attend. Live classes hold you to working out at a specific time.
- Reward yourself for hitting your goals. Goals are preset intentions. When you keep them you are more likely to continue.

(Janiszewski, H., 2020)

READERS Corner

I am fascinated by communication. "Only some thoughts need to get out into the world. Others are okay forgotten (pg. 121)" This thought made me think differently about sharing mine.



Transforming ADHD: Simple, Effective Skills to Help You Focus and Succeed Paperback

January 2, 2017

by Greg Crosby MA LPC and Tonya K Lippert PhD

4.9 out of 5 stars 47 ratings



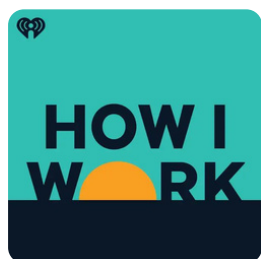
Transforming ADHD offers a breakthrough, scientifically-grounded approach to attention and action regulation skills and strategies. Looking at ADHD through the latest research and the broad perspective of interpersonal neurobiology (IPNB)—a model that views one's mind, brain, body, and relationships as intimately connected—you'll discover how to work with your brain instead of against it, and transform the way you live.

Using the practical exercises, tools, and techniques presented, you'll learn how to direct your attention and motivate yourself to action so you can move toward the life you want and help others do the same, whether as a loved one, relative, teacher or manager. There's no need to have ADHD to gain from the skills and strategies presented. Almost anyone who struggles with attention and action will find something of use here. For some, the book will be life-changing.

(Transforming ADHD: Simple, Effective Skills to Help You Focus and Succeed: Crosby MA LPC, Greg, Lippert PhD, Tonya K: 9781626254459: Amazon.com: Books, 2022)

LISTEN NOW

"This is a word I definitely need to put into action in my vocab on a more regular basis. I love these quick reminders." CC



A simple phrase to motivate yourself to do things you don't want to do
How I Work



In this episode, Amantha talks about thinking that we have to do something automatically makes it feel like a burden. Your self-talk is really powerful, but thankfully, it works both ways. In this short listen (less than 8-minutes) you're reminded about one word that can shift our perspective.

(Imber, 2021)

EGG-CELLENT

"Fun Fact: My daughter is "Mother Hen" to fourteen free-range pasture hens. We enjoy farm-fresh eggs regularly. And- yes there is a BIG difference in quality from store bought." CC



"... an egg may be nature's perfect food, containing a little bit of everything to grow and maintain a healthy brain."

-Max Lugavere

Eggs:

- can be prepared by the most inexperienced cook requiring little cookware.
- can be prepared in many ways and added to many dishes.
- are packed with protein and rich in vitamins and minerals (Franziska Spritzler, RD, 2020).

Easy Scrambled Eggs



(Clean & Delicious, 2012).

HALT HUNGER

A dose of **protein** from eggs might do the trick in helping you feel fuller for longer. Spritzler notes eggs can trigger the release of "fullness hormones" like GLP-1 and PYY as well as ghrelin, the hunger hormone (Franziska Spritzler, RD, 2020).

An ADHD uPLifted Takeaway



Developing independence is necessary for managing ADHD. Finding ways to live more independently builds confidence and resilience. Creating ease and flow in your day is what your brain is craving. I help clients find shortcuts and loopholes in how they live out life, so their needs are met and their set intentions realized.

You can master your ADHD brain by becoming keenly aware of yourself, setting systems you can depend on, and being disciplined with your intentions. The brain is a moldable muscle ready to win. It's time to play the game of life the way your brain is made. Where will you choose to take yourself next?



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IMAGES

- Photo of Coach Cindy North photographed by and provided by EmpowerM3 LLC
- Created in Canva- all other images provided by Canva Pro



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.