



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

ADHD and Motivation

A study in 2010 showed that a disruption of the dopamine reward pathway is associated with motivation deficits in ADHD adults, which may contribute to attention deficits and supports the use of therapeutic interventions to enhance motivation in ADHD.

(Volkow et al., 2010)

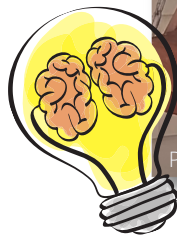


Photo Courtesy of Cynthia North

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 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 our 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.



March Towards Motivation Forget Motivate - Choose to ACT

By: Cynthia North, CALC

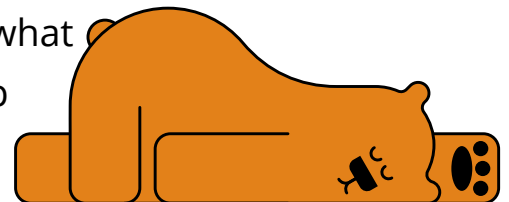
March 7, 2022



“Nothing can motivate me any more than I’m motivated.”

— Dave Bautista

March brings center stage Irish folklore, the energy of Mardi Gras, religious celebrations, feast days, and family gatherings. In the U.S., spring is upon us- In like a lion out like a lamb. Changes in season often trigger renewed motivation. Social media feeds pop with new spring cleaning hacks, fashion ideas, gardening tips, and vacation hot spots. A change in season can shift one's energy, but what if the motivation was left back in the fall and is still in deep hibernation?





Motivation to act even on the tasks we enjoy doing can be tricky, even more so for neurodiverse individuals. I coach people who have Attention Deficit Hyperactivity Disorder. Somehow, like the elusive leprechauns, my kiddos never seemed to catch, motivation finds a way out, leaving us empty-handed. "I just don't "feel" motivated. I want to, but I just don't have the energy to get it done." In our mind, we are seeing done as the only outcome, and getting there seems impossible. So, we don't even start. Motivation is a tricky mountain to tackle and often the most slippery one for my clients. If you have uttered, "I just can't get motivated."



Where is your pot of gold? Is it waiting in the hills or, worse, hiding in the unknown? Are tricky leprechauns setting booby traps to prevent you from making any forward movement? Tasks stacking up. Are lists growing like Santa's wish list? Is the real struggle with the lack of motivation costing you your pot of gold, or is it something else? This Series is meant to help you find better ways of doing what you need and want. I will peel back the layers of what is affecting motivation from a brain-based view and explore thought and strategy practices to improve motivation. So let's get our "march on" towards motivation before the rainbow fades.

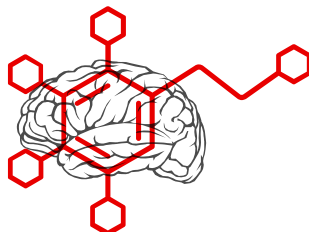
What is Motivation?

Motivation is a noun defined in two ways: the reason or reasons one has for acting or behaving in a particular way and the general desire or willingness of someone to do something (1). Similar words like motive, incentive, stimulus, inspiration, rationale, reason, enthusiasm, drive, ambition, initiative, determination, and a sense of purpose often describe motivation. Phew, that's a lot of words. All words that carry great positive aspiration, yet motivation may still feel like a dirty word.



ADHD Survival Tip: Notice when you are saying "can't". Is that really a true statement?

Motivation Starts at the Brain Level



Ever been told. Maybe you've uttered this to someone or worse to yourself, "you lazy bum, couch-potato, messy, unorganized, out of sorts, incapable, brainless, ditsy self..."

Surprisingly the critics also have moments of not being motivated. We all have moments of not being motivated. Our brain craves easy, so we fold into the couch and binge Netflix. Motivation can become a vicious cycle when you're stuck and want to do it but can't find the will. Sometimes anxiety grows as the process continues, feeding fear and piling on shame. Fear of failure lurks in the corner. The inner shame of repeatedly not getting it done shines bright in the distance. Why even try?

The first step is to understand how motivation truly works at the brain level. The naysayers have it backward. Inaction is not that we are not motivated. It's that we cannot get into action to become motivated. Motivation from the brain level requires effort first. With action, the brain releases dopamine. Dopamine is the brain's feel-good neurotransmitter (2). For individuals with ADHD, dopamine is of short supply. Gharibian explains in his blog, *What is ADHD? An overview of the Causes & Signs of ADHD*:

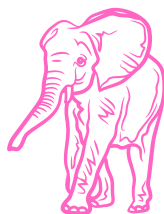
"Individuals with ADHD tend to have low levels of a specific group of neurotransmitters called catecholamines, specifically dopamine and norepinephrine. Decreased levels of dopamine and norepinephrine cause these regions of the brain to be



underactive. If those regions are underactive then they can't do their jobs as quickly or efficiently. That's why individuals will have difficulty with executive functions such as inhibitory control, working memory, and cognitive flexibility." (3)

Executive Function skills are major players in motivation. Access to inhibitory control, working memory, and cognitive flexibility are essential to getting life done. So, rather than focus on getting tasks done, let's look first at starting an action.

Getting Started



When you look at the elephant, what do you see? Do you see a tail whipping, ears flapping, a trunk reaching for the peanut just out of reach? What you see depends on where you are standing. Tasks come in all sizes. Eating an elephant is not humanly possible in one sitting. So what is motivation anyway?

The Motivation Equation

Action + Dopamine = Motivation

Motivation lives in the brain. Dopamine activates, and motivation comes but guess what? When folded into the couch binging Netflix action has been taken. Perhaps not the desired action.

Dopamine isn't released until the action starts. Only after action will you get a dopamine release in the brain that ignites you through your binge-watch or all-nighter.



ADHD Paralysis

ADHDers often struggle when flooded with information. They may lack the ability to easily organize the incoming information in a way that works to fully understand in order to take action. This can lead to overwhelm and a feeling of being frozen. This is because the brain is stuck in the freeze mode of the brain's freeze, flight, fight mode. This feels like paralysis.



Action will always come first. The brain releases dopamine second. For some with ADHD, there is not enough dopamine readily available in the brain, so taking action is challenging because the dopamine reward system doesn't fire. The reward loop isn't working correctly when dopamine is lacking. This is where prescribed ADHD medication may enter the equation. ADHD medication acts on the brain to make neurotransmitters like dopamine more available. Taking medication as a part of a treatment regimen is a personal choice and up to the person and their doctor. Studies have shown medication helps reduce symptoms in about eighty percent of patients (4).

But, what else acts on dopamine? Three common ways people will get a hit of dopamine is by consuming caffeine, sugar, or nicotine. Nutrition plays an essential role in the production and release of dopamine. Physical exercise is also crucial to brain function and dopamine release. Whether ADHD is supported with medication or other personal choices, getting to your "why" you do what you need or want is vital. This self-awareness can help create importance for the action required. That thing you have been waiting to get motivated for.



P.I.N.C.H. It

When you identify ways to motivate yourself, it sets you up for future achievements. ADHD brains are for a lifetime. Learning to manage your complex brain related to motivation benefits you now and into the future!

Most ADHDers are motivated by one or all of these tactics for getting started.

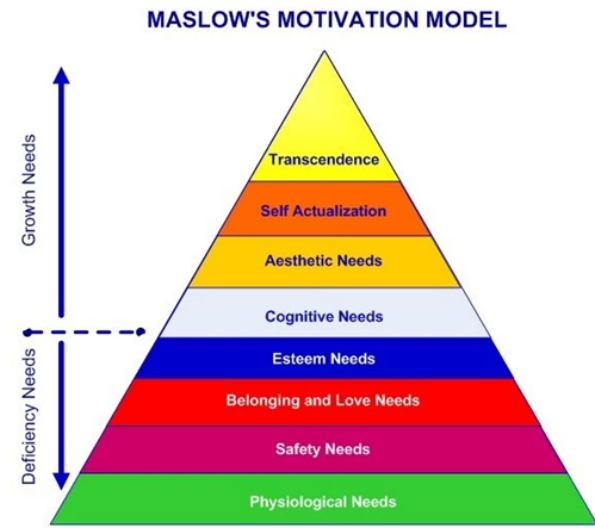
- Play/humor
- Interest
- Novelty
- Competition
- Hurry Up

How can you add any of these into the tasks you have to achieve in a day or the ideas you have for the future. "Just get motivated," so they say! Maybe P.I.N.C.H. it next time. (ImpactParents, 2020)



***Don't limit the challenges,
challenge your limits. -Jerry Dunn***

In last month's ADHD uPLifted Series on Self-Care, we discussed our basic needs through Maslow's Hierarchy of Needs pyramid. When we meet those self-care needs that Maslow talks about, we can move towards our desires, will, and choice. AHA-choice. We choose to get out of bed. We choose to brush our teeth. We choose to wash our face. We choose to get dressed. That is just the first four of many choices we make from our waking moment. Each also has multiple steps to complete in and of their own. These choices are exhausting to the brain throughout the day, even though we don't notice the slow drain on an awareness level.



([Wikipedia Contributors, 2022](#))

The Brain Hub

Our brain is our operating system with a battery functioning like a laptop or cell phone that needs frequent recharging. Technology enhances our human experience. For now, we cannot download an app to tell us how much brainpower we are operating with or have left. Self-awareness is required to monitor our energy and behavior throughout the day. We are accountable to ourselves first. Sometimes we look to others to monitor this for us, or we don't monitor it at all. Children rely on their parents to tell them when to eat, sleep, and nap. At some point, learning to identify our needs and take action becomes



Praise releases dopamine. Pat yourself on the back. You deserve praise. Unexpected praise has even more impact.



What is your why? Live according to your purpose. - C. North

vitality important in achieving our overall success in what we set out to do. How often do you go tired or hungry or even wait to go to the bathroom to finish one more thing? Identify what actions help you reboot to make task initiation and follow-through more successful. Making sound choices requires bandwidth. Recharging is necessary for overall health.



Reboot Suggestions

Take a break, go for a walk (in nature), meditate for as little as 5 minutes, powernap for 27 minutes, interact with a family pet, read for pleasure, construct a puzzle, sip tea, watch the birds, rock in a rocking chair, talk to a friend or family member.



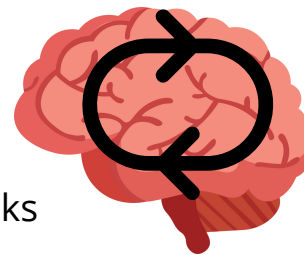
Conserve Energy with Habits

How can we make it easier to make choices? We can create systems and habits in life, so we don't have to make choices. For example, Steve Jobs always wore the same outfit. His black mock turtleneck became part of his signature look when speaking about Apple. Others have been known to do the same. Albert Einstein

was said to buy several pairs of the same grey suit, not to use his brainpower to decide what to wear (5). Whether this tactic could work for us or not is only for us to learn, but the point is to take active thought choices out of the equation so we can do the small stuff without using brainpower.

Talking about why you need to do x-y-z re-engages your brain by shifting your attention back to what you get or want to do.

How could this be played with? Maybe put on the same eyeshadow color every day. Or, instead of wearing the same outfit, have a rotation system, or pick it out ahead of time. The point is to minimize the amount of brainpower used on the small stuff- make it automatic. I am not suggesting avoidance. A no choice with avoidance is a yes to something else. Use habits and systems to externalize brainpower—kind of like an external hard drive. Even though avoidance may sound like an option, avoidance runs in the background like an open app on a phone. Indecision is a slow drain on the brainpower battery. The brain likes closed loops- completion. Shame and guilt build up because we remember what we have avoided. Move away from avoidance by breaking down tasks into action.



When habits free up brainpower, we can execute more challenging and meaningful thinking tasks. It takes, on average, 66 days to form a habit (6). So what small habit could help ease your thinking requirements? Get your habits solid and externalize your thoughts, and you are charged for action.

Now what? Identify what needs to get started. One helpful system is to break down a task utilizing the 5W's, starting with finding ways to know your why is key to the success of motivation. Your answer is right in front of you in your thought towards what you need to be motivated for. See, our elementary school days are coming back to serve us.



The 5 W's

Why- Who- What - When - Where



When we know our why it helps us determine the who, what, when, and where. The why gives task importance. Do we have to do things? Yes, life requires certain things and active choices? The "why" game is a popular game for young children? Why....? Why...? Why...? Before long, the adult blurts out, "because I said so." Frustration built up and the child's curiosity was shut down. Even the routine things we do have a why. Why do you sleep? So your brain can recharge, sort, and remember. Why get up in the morning? To cherish the day. Why brush our teeth? So you don't get cavities or develop heart disease. Why do wash your face? To be clean, ready, and fresh. There's are lots of easy why's out there to identify. They all take brainpower for action. Now, what about the hard why's? Those we can't get motivated for? Those are the ones we need to dig into? Why even go to school? Why start this project I don't even care about? Why exercise? When we find our why importance blossoms, and action feels important.



Most likely, the who will involve ourselves in some fashion. Maybe there is a friend assigned to your group, you need somebody in your family to participate, or you need your spouse to step in with you. Identify who needs to be involved.



What will you do? For what are you supposed to get motivated on anyways? For some with ADHD, the brain is on fire with a never-ending mental to-do list. Try doing a mental brain dump of every thought big and small, onto paper when in a racing thought loop. The best format is to write your thoughts down with a pen or pencil. Yes, I know this may sound like a painful effort, but writing will free the brain by completing the loop and free up the brainpower you need to act. It's like offloading apps that we are not actively using but that are taking up space. What do you need to get started and finish? Look at the list. Determine the task's priority. Is this something that is number 1-"get it done now" or number 53- "sometime next year?"



Ask yourself-

"What about this matters."

What about getting your homework done matters? What about procrastinating?
What about procrastination to the nth hour is working for you?



Time estimation can be one of the brain's stop gates to play tricks on us. When is time-bound? Without even much awareness, we may avoid doing a task because we don't know how much time it will take, or we think it will take way too long for the time we have available. What about having dedicated time? How often? Define the amount needed. When we are unsure, ask someone. For example, we can ask our teacher, boss, or parent how much time they expect this task, assignment, or project to take. We can also benefit from working when we know our brains are most turned on. That may be in the morning or the night.



Where will we get our tasks done? Where are we most efficient? Is the environment quiet or busy? Can we work at home, or are we more focused at a library or coffee shop? Earbuds in or music playing? Setting up a suitable environment for the needs of the task is key to taking action.



Tricks

Make it feel easier. Break your action into chunks. Make it doable. Make it feel like it won't take as long.



Self-Awareness takes active effort. We get motivated once we start. We get motivated when we do things. Knowing what gives added energy is critical for ADHDers. What ignites you? Often interest plays a huge role. Attention is easier to maintain when you are interested, and completion is more likely to be sustained once the ball is rolling. With interest, the brain releases dopamine. Notice what grabs your interest attention. How can you use what grabs your attention to your advantage?

Share and Learn

One of my clients worked through distraction with me. He noticed he is easily distracted in a visually busy classroom. He came up with the idea to pick one item to grab his attention and use it as a reminder to shift his wandering attention back to the teacher.



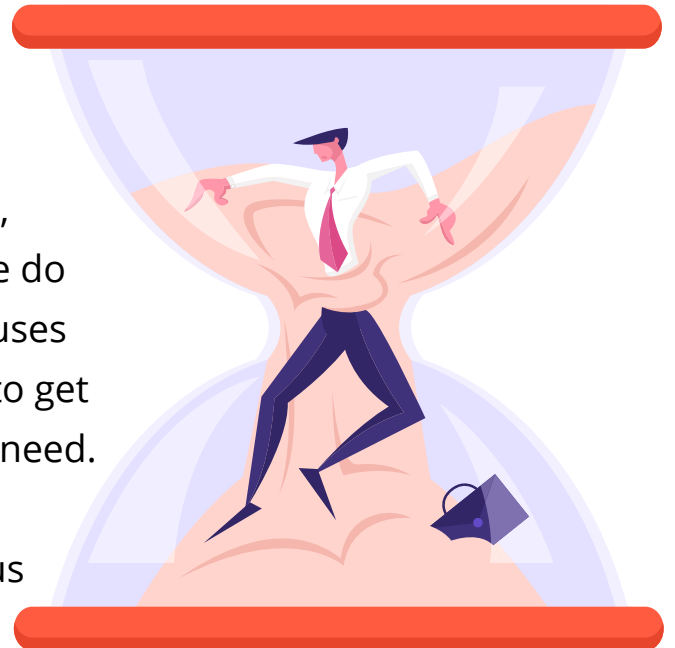
To work with your ADHD symptoms, you must key in on what is happening for you. Others can tell you all they want, what to do, but you are the only person that truly knows what ignites you. Strengthening your self-awareness and learning about yourself is your golden ticket to living your life in its total wealth.



There's an intention for everything we do. Impulsivity can have a serious effect on the outcome of intentions. Often impulsive actions never had an intention, to begin with. Have you wished you could roll the words back onto your tongue or that you could rewind time? To curb impulsivity, one must exercise the power of the pause. Impulsivity is what gets the leprechaun caught, but the tricky ones pause, think and find the workarounds.

The Procrastination Habit

Creating deadline urgency, angst, late nights, performing with less brainpower. Why do we do that to ourselves? For dopamine! The brain uses the procrastination tactic to create urgency to get dopamine. We are smart in getting what we need. However, that does not mean it is the best practice. The procrastination habit is a vicious learned habit costing us our greatest work



potential. Remember, motivation does not come first. Action does. Procrastination is a habit that ultimately spurs us. The brain pushes it to the very end using urgency to get a dopamine release. We may believe that our procrastination habit is serving us. But, what is the greater cost of utilizing the procrastination habit? We are not giving ourselves time to produce without constraints.

Ask Yourself: "Is this my best work?"



So how are we supposed to get dopamine? Let's get down to the nitty-gritty of your why. Why do something? Why do your homework? Why start working on your calendar? Why clean your bathroom? Why grocery shop one day a week? Why start a grocery list? Why get on that bike? Why get curious?

How often are you trying to complete something you don't even know why you are doing it in the first place? Maybe you were told to do something you could care less about. This frequently happens in school as kids move through grades and learn things that do not grab their brains' attention—no choice in the matter. We must learn $2+2=4$. A fish is expected to climb a tree. Doing things when you don't want to is 1000's times harder for ADHDers. Self-discipline is essential. Maybe it's something your boss has asked you to do or a partner or your parent, friend, or coworker. Some to-do's we have a choice in, and others we do not.

Ask Yourself: "What is my stake in this?"

KNOW YOUR

ROLE



"IF YOU AVOID FAILURE, YOU ALSO AVOID SUCCESS."

– ROBERT T. KIYOSAKI



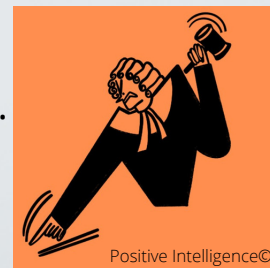
In managing the ADHD brain style, we need to identify your specific workarounds. First, we need to know what we're doing and why we're doing it. Most of us don't think that deep. Most of us look at what we have, and we find all of the stop gates of how it will not work. Our brain quickly considers what is

going to keep us from taking action. This is our self-saboteur coming in strong. We can use our self-command to identify our why, who, what, when, and where. And set an intention. I will do my work. Then, ease the demand on your brainpower by finding ways to make doing the work easier and more fun.

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 is now offering a *new opportunity*, "**The Saboteur Shifter's**" **Mastermind Group**, to collectively shift from your 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. Coach Cindy is a PQ Coach™ specialized in ADHD Life Coaching. The work of Shirzad Chamine offered in the 6-week long app-guided 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.



The Next Group Starts March 20, 2022, on "International Day of Happiness"

Group of up to 5 people will meet by zoom on Mondays from 11-11:30 am EST, March 21- May 13. Secure your spot today. Text [Mastermind] to Coach Cindy at (859)455-6156.



No matter what, there are always consequences to our choices. Answering important why questions, often skipped over in life, is a starting point for action. A lot of my work as a coach is in the what and why. Life Coaches are curious listeners. Coaches think about the words they hear and ask more. Words have meaning and are often not the same for you or me. Words have perspective. Remember the dirty word from the beginning of this article. Can you get curious about your problem? What is your situation? I bet everyone else is trying to tell you, but have you taken a wide-angled look or sharpened your focus to see it for yourself? Are you just not rested enough? Are you hungry? Where do your basic needs fit into your motivation equation?

Remember the definition of **motivation** from the beginning? Motivation is the reason for acting or behaving in a particular way and the general willingness of someone to do something: intention and want. My clients want coaching around not being motivated. As we dig in, their answers always come from within them. They know what ignites them. The first step to finding their motivation is always identifying their action steps. Next, they must get their foot in the game with an action to take. Action is what creates motivation. Their reason to take action, to find pleasure from what they are doing, lifts their happiness, and they are off running towards the pot of gold. Most of the time, if you lack motivation, ask yourself what's the reason, "*my motive*," for doing this is.

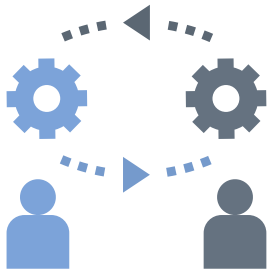
I once heard, "*Times flies. Thankfully we are the pilot of our plane.*" ADHD is not the end of your creation. ADHD does not have to hold you back; ADHD is a diagnosis. A diagnosis that you get to choose how to move forward with. ADHD gives you strengths and weaknesses, but weaknesses can be helped in various ways especially with today's technology. Weaknesses can find tricks, tips, solutions, and strategies empowered by your strengths. Be empowered to do your weaknesses better by finding tailored strategies that work best for you. You have one life, and this life is the one you will fly with. Yes, you are motivated after discovering your why. And when you know how, when, and seeing where you will take action. Break it down into biteable sizes. You have gold inside to carry over the rainbow? I hope this collection helps you take action towards what you "feel" you need or want to be motivated towards. You have leprechaun magic in your strengths. Use your tricks to your advantage.



 Cindy

“Great things never came from comfort zones.”
-Anonymous

Power of 3 in M3



Shift Your Thinking "Games to Motivate"

1. **Imagine It**- Past, Present, Future Thinking. What was it like? Is it like? Could it be like?
2. **Remember** what it feels like to do what you want to do. What is that like?
3. **Tiny moves** make big wins. Step forward now with one action, motivation comes after action.



Define your "why." Why does it matter now?



Define how. What do you need to start?



"Choose" to! The choice is always yours.



How Self-Motivated Are You

MindTools has created a short 12 question assessment to help you see your level of self-motivation. Understanding what is or is not moving you forward gives way to solutions. In this self-assessment by MindTools, you can see your self-motivation level with specific tips to help grow your self-motivation.

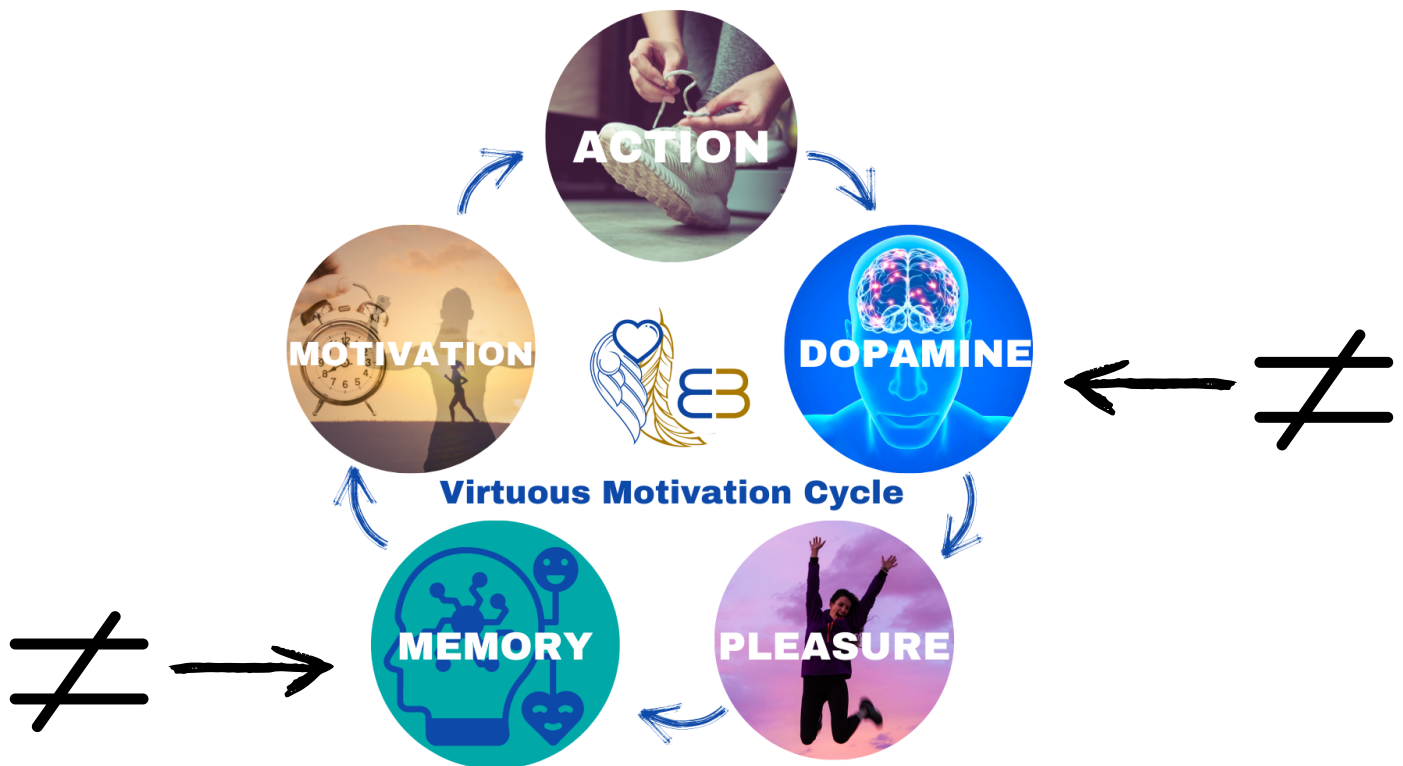
(How Self-Motivated Are You?, 2017)

[Click Here to take your Assessment Today.](#)

"Motivation isn't something you have. Motivation is something you get, automatically, from feeling good about achieving small successes."

Jeff Haden, *The Motivation Myth*

Virtuous Motivation Cycle

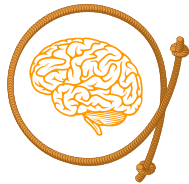


Source: How Can I Get Motivated? (2020, January 15). Amie Devero. <https://beyondbetter.io/how-can-i-get-motivated/>

Are you waiting to "get" motivated? Guess what you will be waiting a long time. Motivation does not come first. Motivation continues after a series of tiny events. The Virtuous Motivation Cycle shows where it all starts- **action**. You must first take a small step towards your goal, task, chore, or whatever you want to call it. When you start your brain spits out a small dose of dopamine. Ohhh, I feel good. Pleasure sets in and the ball is rolling. The brain logs a memory and is compelled to be motivated to do it again. Can you see where the cycle is affected for ADHDers? Your job is to add a P.I.N.C.H into the task to make it pleasurable. How can you make taking out the trash or cleaning the bathroom pleasurable? Start with action. How can you take a tiny step forward. Create a win!

(How Can I Get Motivated?, 2020)

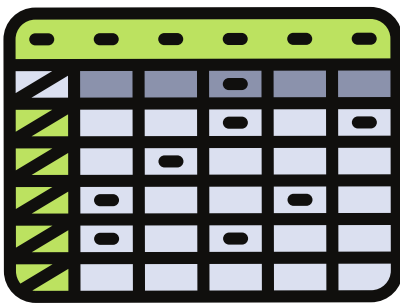
"Well done is better than well said." —Benjamin Franklin



Rethink Thinking

"You have power over your mind - not outside events. Realize this, and you will find strength." Marcus Aurelius.

We will always have one aspect, our thinking, we can control. Even though we live in a world where much of what happens is controlled by someone else we are responsible for controlling ourselves. The truth is our thoughts can run wild before we can even get our lasso out. Sounds simple to just get a grip on what we think about. Fixing a lack of motivation requires finding pleasure in the activity. The dopamine reward system does not function properly in the ADHD brain. Try priming the motivation pump by pre-thinking pleasure. Discover your joys. How can you use your joys to create pleasure in the task you must complete? How will you remember the next time that you felt pleasure and completed your task? If you are having trouble getting started then the first step is too big. If you can't remember previous pleasures you are not recording your wins.



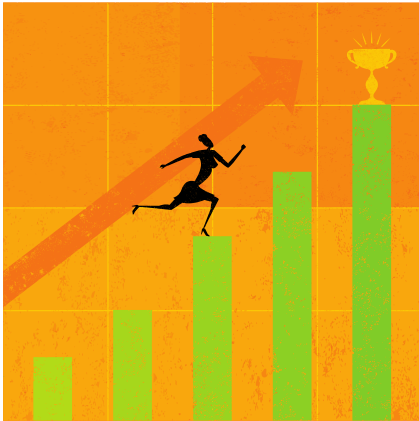
TRACKING

Tracking your set intentions over a period of time can help create accountability, show trends, and correlations between data points by defining **what and how**. To make true lasting change track your progress and be honest about it.

How: Trackers are easily found on the internet. Many are available to download for free. In addition, some options can be edited to serve your personal tracking needs. For example, you could create your own with a sheet of graph paper.

Set-Up: Define what and when. Create a left column down with the habits you want to track on a piece of graph paper. At the top of the paper, starting in the second column moving to the right, write out when you will do what you are tracking; the number of days, dates, or days of the week, etc.

The distance between your dreams and reality is called action. - Unknown



What Are You Striving For?

A client recently shared how life seemed unsteady despite what had been achieved. After several years of dedication, she had finally been awarded the promotion she wanted. Now with an over-flowing plate, she was feeling greater over-whelm, sleeping less, and gaining weight. Her mindset wasn't where she wanted it and more of her ADHD symptoms were cropping up again. Through deeper thinking and returning to daily journaling she was

able to regain her focus on what guides her; faith, family, and health. Her tools to cope with her ADHD were within her choices in self-care. One 30-minute session shifted her focus and gave her a step forward.

Be Action Oriented.

1

Set a Limit

Planning can be endless and keep us from taking action. By putting a time limit on our planning process we know when the timer goes off we will pick something from our plan and take action.

2

Play Yes- And

Get curious and creative. A curious cat waits patiently for her prize. Yes, I like how we could meal plan and we could make a stick jar to help us decide what to have for dinner.

3

Picture Your Future Self

**Imagine your future self- meeting goals and self-driven.
How are you showing up for your day ready to start?**

(How to be more action-oriented: obstacles and tips – Inspiration Unlimited, 2019)

“You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine.”

John C. Maxwell

SPOTLIGHT

Brili Routines – Habit Tracker

Get Daily Tasks Done On Time

Brili GmbH

- 4.7 • 187 Ratings
- Adult and Kid Versions
- Ages 4+
- Free and Paid Version (\$7.99/mo or \$49.99yr)



The ultimate daily routine app, created together with the international ADHD community. Get your daily tasks done, build healthy habits and enjoy your individual routine happiness.

Join the Brili community and start transforming your life today. Brili helps you to create routines that actually work because they suit your individual needs. Brili calms the chaos of daily routines with kids. Simply set up a routine for mornings, bedtimes, and any other time of the day. The fully-featured version of Brili is available for the first whole month free! With Brili's dynamic timers, visual and audible activity prompts and motivating rewards quickly teach your child to stay on task and on time.

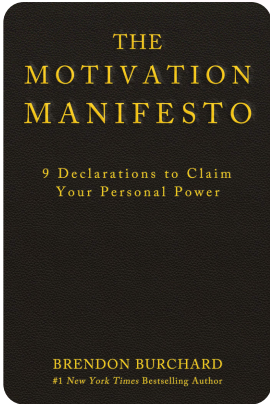
Brili has served the ADHD community for many years now and incorporated expert advice, user feedback and the latest research in this app for kids, teenagers and adults to reach one goal: Help you to start your day with less stress and lift the weight of daily chaos off your shoulders. (Brili GmbH, 2021) (Brili GmbH, 2015)

DID YOU KNOW- EXERCISE ↑ MOTIVATION



It's a brain thing. Yes, exercise is a healthy choice for bodily health; weight maintenance, organ function, muscle strength, and stability, but it pays way more than that. Physical exercise activates six key chemicals involved in "feeling" happy; Serotonin (5-HT), Norepinephrine (NE), Dopamine (DA), BDNF, Leptin, and Endorphin. Yep- Dopamine is showing up again. Dopamine (DA) helps us see the rewards of activity and motivates us towards doing it. Dopamine is the neurotransmitter that drives our competitive behaviors. "Like every other aspect of our psychology, motivation is biological." John Raty, author of Spark.

READERS *Corner*



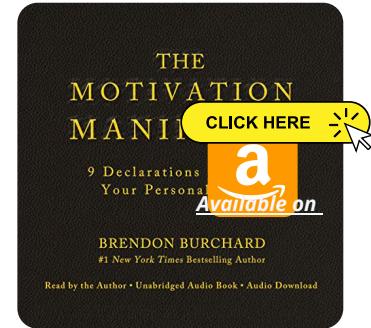
The Motivation Manifesto: 9 Declarations to Claim Your Personal Power Hardcover –

October 28, 2014

by Brendon Burchard (Author and Narrator)

4.7 out of 5 stars 3,099 ratings

Available Formats: Hardcover, Kindle, Audible



The Motivation Manifesto is a pulsing, articulate, ferocious call to claim our personal power. World-renowned high-performance trainer Brendon Burchard reveals that the main motive of humankind is the pursuit of greater Personal Freedom. We desire the grand liberties of choice—time freedom, emotional freedom, social freedom, financial freedom, spiritual freedom. Only two enemies stand in our way: an external enemy, defined as the social oppression of who we are by the mediocre masses, and an internal enemy, a sort of self-oppression caused by our own doubt and fear.

(The Motivation Manifesto: 9 Declarations to Claim Your Personal Power: Burchard, Brendon: 9781401948078: Amazon.com: Books, 2022)

*"Brendan sticks it to you in this book. If you are ready to take action this read will definitely add fuel to your fire. I listened to the audible version and have ordered the hard copy. It is a source I will return to."*CC



6. LISTENING TO NOW

"Owen offers great tips in this episode. I gamify a lot with race the clock. This really helps me get the house picked up in less time. My kids prefer to race the clock using a favorite song. Can you get the dishes done by the last lyric!" CC.



Ep: 41- 10 Strategies to Stay Motivated
Changing Minds with Owen Fitzpatrick
Runtime: 20 minutes



In this episode, Owen offers ten strategies to stay motivated and keep taking action to move towards achieving what you want.

(Fitzpatrick, 2020)

HEALTHY START

Avocado Boat Baked Eggs

Ingredients for 2 Servings:

2 small eggs

1 avocado, halved and pitted

2 slices cooked bacon, crumbled



2 teaspoons chopped fresh chives, or to taste

1 pinch dried parsley, or to taste

1 pinch sea salt and ground black pepper to taste

Directions from AllRecipes.com

Preheat oven to 425 degrees F (220 degrees C). Arrange avocado halves in a baking dish, resting them along the edge so avocado won't tip over (cut a thin slice off from the bottom to prevent rolling or prop with tin foil). Crack one egg in a bowl. *Gently spoon the egg yolk into the avocado hole. Spoon egg white into the hole until full. Repeat with second egg yolk, egg white, and avocado. Season each filled avocado with chives, parsley, sea salt, and pepper. Gently place the baking dish in the preheated oven and bake until eggs are cooked, about 15 minutes. Sprinkle bacon over avocado if desired.

*Cook's Note: Scoop a small bit of the avocado out to make more room for the egg.

Nutrition Facts Per Serving: 280 calories; protein 11.3g; carbohydrates 9.3g; fat 23.5g; cholesterol 150.8mg; sodium 498.3mg. ([NYJEN, 2019](http://NYJEN,2019))

This quick recipe has become our popular way to start the day, especially on Monday's when we have to get going.



SMOOTHIE KICK BEWARE

All smoothies are NOT created equal and some may be more of a dessert than a healthy snack.

Scientifically sugar releases dopamine in the brain.

Self-medicating with sugar can be common for ADHDers, yet harmful to a sustained happy mood. Many berries are high in sugar. Combined in a smoothie you could unknowingly be drinking 50+ grams of sugar. If you are watching your sugar intake don't forget to check what is in your drink.

Read More

5 Low Sugar Smoothies that Taste Amazing
Are you ready for some healthy low sugar smoothie recipes (that still taste amazing)? Sugar can easily creep up in smoothie recipes, but today we're keep...

([http://www.facebook.com/downshiftology, 2019](http://www.facebook.com/downshiftology,2019)).

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The power of Three - Head, Heart and a Coach Partner.



My Notes



Disclaimer:

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