




# ADHD uPLifted My Way

**By Cynthia North, ACC Certified 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.

## In This Issue- "My Way"

Pg. 1 M3 Prompted: Journal on Independent M3

Pg. 3 Discovering My Way  
By: Cindy North, CALC, ACC

Pg. 6 Applying My Way- Powerful Questions

Pg. 8 Saboteur Shifters Mastermind Invite

Pg. 9 App of the month- Way of Life  
Know Your Brain Health Self-Test

Pg. 10 Readers Corner- Change Your Brain  
Change Your Life By: Dr. Daniel Amen

Listen In- Become A Problem  
Solving Magician- The Brendan  
Show



M3 Prompted 

***If tomorrow was your  
last day, how would  
you live today?***



## **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.*



## Discovering My Way.

Written By: Cynthia North, CALC, ACC  
October, 2022

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***"It's my way or the highway."***

What if this were true? Are you someone who lives in this expression, or are you someone needing to conform or else? I grew up with a bit of this influence. I think many in my generation did and even more in my parent's generation.

Growing up, I felt my parents constantly told me what to do. Teachers told me how to do it. My sisters warned me of the consequences, and my friends influenced me. The funny thing is my Dad knew in my stubbornness I would only do it my way. My Mom would say how creative I was. And I used that to do life my way. The people in my life would plant the seed, and then I would water it my way. Some seeds grew with success while others were left dried up to never bear fruit.

Is there a new wave of understanding coming ashore now?

Fast forward twenty years. I am married with two teens living on our small homestead in picturesque Kentucky, just as I had dreamed. Our animals sleep in a small red barn. I relax with lemonade on our front porch swing. As my children have grown, they have had space to adventure and for "their way" to form.

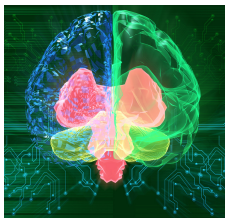
As a result, my way of doing stuff can be different from any of the three ways around me. Considering their brains are differently wired than mine, I see this play out daily as we feed our animals. I was raised knowing, “you kill two birds with one stone.” So why do something twice or retrace your steps? Be efficient! But, my way is not their way.

### **Have you ever had this argument?**

**Person 1:** “Why do you do it that way?”

**Person 2:** “I don’t know. Because it makes sense this way.  
Why do you do it your way?”

And the question is right back on your doorstep. The conversation can continue, with each person proving their own point, which may never make sense to the receiver. Why is this?



The human brain is uniquely wired and capable of grandeur. Add neurodiverse individuals into the mix, and a different ability becomes even more apparent. In it’s current form ADHD diagnosis is not quick or clear-cut. Individuals must have persistent symptoms for over six months presenting in two or more areas of their life. The DSM-5 states that people with Attention Deficit Hyper Activity Disorder (ADHD) show a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development in daily living (CDC, 2022).

ADHD is not all about a lack of attention and being hyper but more about what grabs attention and ignites energy. It is our job to harness our abilities and do something with them. It is also our job to recognize what is not working and find a way to adapt or delegate if possible. It is a choice of what direction we take with our brain. This doesn’t mean each person will complete a task the same even if taught to do so. Instead, the brain finds workarounds and tweaks to either remember or lessen the demand and effort expenditure. This is how habits form. We do something for a period of time, and it becomes a habit. Studies show habit formation takes approximately 66 days with a wide variability for automaticity. The upside to the findings of these studies is that missing a day does not necessarily undo all the work in writing the habit to memory. If you don’t find your “way” to be a habit yet it likely just needs more time. In fact, it is fair to say new habit or breaking a habit may take three times as long to form. (Grohol, 2018). With active choice over a period of time, the habit will feel automatic as it no longer requires as much brainpower. The key is to find ways to remember to practice your habit.

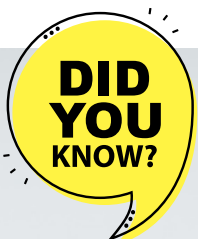


To be successful, you must find ways to decrease the friction for the good habits to form and increase the friction for your bad habits to stay away. This takes choice and action. Unfortunately, choice and action can be especially hard for people whose brains are wired differently.

Mindset plays a role here, too. All too often, the negative chatter takes over. My Negative Nelly had a decade of practice in my youth. She pops her head in when she is allowed. She has played like a broken record, on and on, stuck on a never-ending loop until I chose differently. What if I shared a way to stop the merry-go-round of negativity? Could you accept your role?

I believe yes. You have the power to take back the controls. Your thinking saboteurs do not have to rule your life. Why have you granted them an all-access pass to your entire thinking anyways? We can choose to stop the ride and step into pause. Pausing to recognize what is happening will help you open your eyes to possibilities.

Finding your “my way” can be easier when you take time to reflect and dig down deeper. In the following sections, you will find five questions to help in honoring your “my way” in self-care, at school/work, and at home. Regardless of what area you are digging into having joy in your life first requires you to answer these vital questions for yourself.



***individuals with ADHD symptoms may be empowered to craft their own jobs to fit their special needs. (Wiklund et al., 2017)***



# Applying MY WAY



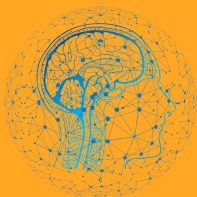
1. Where and how is your ADHD showing up as a struggle and as a superpower?
2. What makes you truly come alive?
3. What stops you from doing what you really want?
4. What does “x” mean that you can’t do “y”?
5. What is one thing I could do today and repeat for three months that would bring me joy?

ADHD presents differently for everyone. Knowing how and where that is for yourself is essential in finding the supports and areas in which to shine.

## Applying My Way to Self-Care for Me

Self-care may not be an area you give first thought, and it could possibly rank at the very bottom. However, when I googled “self-care” it came back with more than the estimated number of neurons in the human brain at 4,810,000,000 hits. So clearly, self-care is a relevant topic of interest making finding your “my way” in your life necessary. Answering these questions may help you define what matters to you.

1. What does self-care mean to me? (selfish, good or bad)
2. When no one else is looking or judging, what do I truly find pleasurable?
3. What fills up my tank? What drains it?
4. What do I do that is getting in my own way?
5. How might my choice to choose self-care first better others?



“Since everything is a reflection of our minds, everything can be changed by our minds.” ~ Gautama Buddha



## **Applying My Way to School/Work for Success**

Know your why. Why are you going to school? It can't be because you have to. Yes, this is indeed true but your why is deeper than that. What are you getting out of going to school/work? Pause for a moment and think of three things you are gaining from school/work that will have value in your future. If you are struggling to think of anything, here are a few examples beyond money: relationship building, skills to manage yourself, resilience, and communication skills. The list goes on. Applying your "My Way" within the school/work confines requires a deeper look.

1. What systems do you have in place to manage your day at school/work?
2. What is hard versus easy?
3. What do you need help with?
4. Do you have a particular subject/task that lights your fire or a class/task you cannot master?
5. What would make it easier to learn/do your job?

Bonus: What would be the best subject/job to apply your skills and talents to?

Getting to the root of yourself helps channel your best work. When you can identify the way you "operate" best you can get where you need and want to be. Asking these deeper questions may help. Hard habits require reprogramming your mind. You can do it when you get specific, clear, and intentional. We all have something special to offer and different ways to contribute. Joy will follow when you choose to embrace your way and move towards progress.

# TAKE SELF-COMMAND

How can you forgive yourself when your worst thinking is getting 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.

***Become a Saboteur Shifters. New Groups start the 2nd Monday of every month.***

***It is not too late to secure your spot.***

***Limit to 4 per group***

***Text [SabShifterMastermind] to Coach Cindy at (859)455-6156.***

***Prefer to go alone? Individual PQ Coaching is available.***

## What are PQ Clients Saying

*"For the first time I can get to a clear place to think." "I'm finally focused on myself and can regain control of my runaway thoughts." "My PQ work gives me the pause I need when everything seems like it is falling apart around me. I can see my life with a calmer mind."*

**"The Judge is the universal Saboteur, the one we all have: a predisposition to exaggerating the negative and assuming the worst is actually good for survival."**

(– Shirzad Chamine, 2012)





### Way of Life - Habit Tracker Build a better, stronger you Way of Life ApS

- Ages 4+
- 4.8 · 4K Ratings
- Offers In-App Purchases, For \$.99 Access all hacks with no ads

Invest less than a minute daily to track, identify, and change your habits with Way of Life. Changing habits is hard work. Having the right tool is half the battle. Way of Life is that tool - a beautiful, intuitive habit tracker that motivates you to build a better, stronger, and healthier you!

Way. (2010, November 7). Way of Life - Habit Tracker. App Store.  
<https://apps.apple.com/us/app/way-of-life-habit-tracker/id393159800>



## What Do You Know Self-Assessment

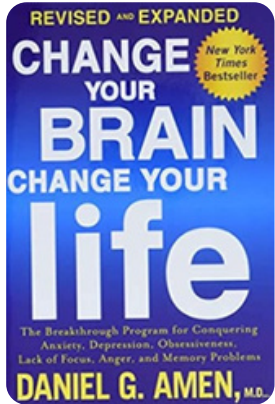


What is the health of your brain? Do you give it much thought? It's the one organ that controls it all. Dr. Daniel Amen, MD has developed a fee quiz that helps you better understand your brain. To find out more about which of the 16 brain types you might be go to [www.brainhealthassessment.com/](http://www.brainhealthassessment.com/)

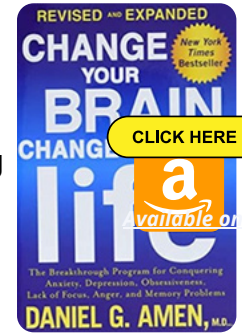


# READERS Corner

*Choosing my brain health first has taken over forty years. Seems so ironic knowing all I do originates from the work of my brain. Amen makes brain health possible in this book. Implementing it all seems hard but better has to be better. It is packed with real-life stories that will create brain envy in you, too.*



**Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems**  
by Daniel G. Amen M.D. (Author)  
4.5 out of 5 stars 4,267 ratings



In *Change Your Brain, Change Your Life*, renowned neuropsychiatrist Daniel Amen, M.D., includes new, cutting-edge research gleaned from more than 100,000 SPECT brain scans over the last quarter century and scientific evidence that your anxiety, depression, anger, obsessiveness, or impulsiveness could be related to how specific structures work in your brain.

(Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems: Amen M.D., Daniel G.: 9781101904640: Amazon.com: Books, 2022)

## LISTEN NOW



**Become a Problem Solving Magician**  
**THE BRENDON SHOW**

Having a solution mindset is inside all of us. Taking responsibility and making it happen is a forward movement. Thank you Brendon for the reminder... "show what we are capable."



As the main character in your own story, it is key to take personal responsibility in your own life. In this episode, discover how to grab the reins of your life, which removes you from victim mentality and into the solution mindset.

"Is there any problem in your life that you've been avoiding? Engage, do your best, have a good attitude, and don't worry about the outcome, or being perfect...but make an effort to get in there."

If you'd like a powerful sense of personal responsibility, this episode is for you! (Burchard, 2022)

# An ADHD uPLifted Takeaway



Developing your way of doing life is necessary for managing ADHD. Heck it's necessary for managing life, PERIOD! Putting strategies in place to help weaknesses and doing activities to strengthen the way your brain does things only better your quality of life. Creating ease and flow in your day is what your brain is craving. I help clients find shortcuts and loopholes in their lives so their needs are met, and their set intentions realized.

You can master your ADHD brain by becoming keenly aware of yourself, setting up systems you can depend on, and being disciplined with your intentions. The brain is a moldable muscle ready for what you choose next. What highway will you travel on? What needs do you need to meet to get there? Some of the questions you read will help you get there. Think deeply and open yourself up to finding the way your brain works easier. Where will you choose to take yourself next? Deepening your understanding of the ways within will take you further.



## Resources

### READ

1. CDC. (2022, July 26). Symptoms and Diagnosis of ADHD. Centers for Disease Control and Prevention. <https://www.cdc.gov/ncbddd/adhd/diagnosis.html>
2. Grohol, J. M. (2018, October 7). Need to Form a New Habit? Give Yourself At Least 66 Days. Psych Central; Psych Central. <https://psychcentral.com/blog/need-to-form-a-new-habit-66-days#At-Least-2-Months-to-Form-a-New-Habit>
3. Hannay, C. (2019, July 12). 10 Questions About Self-Care Only You Can Answer. Mindful Teachers. <https://www.mindfulteachers.org/blog/ten-questions-about-self-care>
4. Dejolde, A. (2013, September 10). 25 Questions That Will Guide You To Find and Follow Your Passion. Lifehack. <https://www.lifehack.org/articles/communication/stuck-25-questions-that-will-help-you-find-and-follow-your-passion.html>

### SELF-ASSESSMENT

- Brain Health Assessment by Dr. Daniel Amen | #1 Brain Type Quiz. (2022). Brainhealthassessment.com. <https://brainhealthassessment.com/>

### APP

- Way. (2010, November 7). Way of Life - Habit Tracker. App Store. <https://apps.apple.com/us/app/way-of-life-habit-tracker/id393159800>

### BOOK

- Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems: Amen M.D., Daniel G.: 9781101904640: Amazon.com: Books. (2022). Amazon.com. [https://www.amazon.com/dp/110190464X?psc=1&ref=ppx\\_yo2ov\\_dt\\_b\\_product\\_details](https://www.amazon.com/dp/110190464X?psc=1&ref=ppx_yo2ov_dt_b_product_details)

### PODCAST

- Burchard, B. (2022, August 24). Become a Problem Solving Magician. Apple Podcasts. <https://podcasts.apple.com/us/podcast/the-brendon-show/id821746377?i=1000577201840>

### Quotes

- (PG4) Wiklund, J., Yu, W., Tucker, R., & Marino, L. D. (2017). ADHD, impulsivity and entrepreneurship. Journal of Business Venturing, 32(6), 627–656. <https://doi.org/10.1016/j.jbusvent.2017.07.002>
- (PG5) Schwantes, M. (2018, June 13). Science Says Only 8 Percent of People Actually Achieve Their Goals. Here Are 7 Things They Do Differently. Inc.com; Inc. <https://www.inc.com/marcel-schwantes/science-says-only-8-percent-of-people-actually-achieve-their-goals-here-are-7-things-they-do-differently.html>
- (PG6) 65 Best Reflection Quotes On Success In Life – OverallMotivation. (2021, July 28). OverallMotivation. <https://www.overallmotivation.com/quotes/reflection-quotes/>
- (PG8) Positive Intelligence Quotes by Shirzad Chamine. (2012). Goodreads.com. <https://www.goodreads.com/work/quotes/18408206-positive-intelligence-why-only-20-of-teams-and-individuals-achieve-the>

### Images

- Photo of Coach Cindy North photographed by and provided by EmpowerM3 LLC
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# 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.