

uPLifted Series

An Informational Digest of EmpowerM3 by Coach Cindy

Finding Tools and Being Inspired

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October 1, 2023

With the world nearly at our fingertips, where do you find your inspiration? Do you find inspiration within, from wise counsel, a parent, partner, or friend? Or, do you turn to the ether of all answers; the internet, social media, A.I.?

As defined by Oxford Languages

in·spi·ra·tion

[,ɪnspəˈrɑːʃən]

NOUN

1. the process of being mentally stimulated to do or feel something, especially to do something creative:

- the quality of being inspired, especially when evident in something:
"a rare moment of inspiration in an otherwise dull display"
- a person or thing that inspires:
"she is an inspiration to everyone"

Inspiration can come from many directions and through different sources. With it at your fingertips what then do you really need?

First, be open to being inspired.

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My very first entry on social media as a Life Coach posted August 20, 2020 stating, *“A Life Coach is having that person invested in you when you’ve fallen. Today is the day to get up and going.”* A quote by H.G. Wells captioned an image of a path forward. It read *“If you fell down yesterday, stand up today.”*

Years back I had vowed not to use social media or to be sucked into endless scrolling again. At the time I didn’t have a true purpose that was serving me to be there. It was causing my repetitive fall. This vow to self was challenged by an evolved version of myself years later. The vow was no longer serving me and what was once “bad” for me was now an opportunity for me to do “good.” I ultimately chose to use such platforms for inspiration.

Three years ago, I embarked on a journey to dispel the stigma and shame surrounding brain differences, mainly ADHD. It sparked in wanting this for my loved ones weighted by stigma and shame and grew bigger wanting to lift the shame of difference from the world. A lofty goal, yes. As they say, “Go big or go home.”

Each day I continue to be inspired by clients engaged in their growth. The shared path towards a better, self-mastered future is remarkable to be a part of. One such client often says, “And there you do it again, tying it back.”



I didn't let
ADHD
prevent me
from
achieving my
goals and
neither
should you.
-Howie Mandel

(10 ADHD Quotes to Save for a Bad Day, 2016)



October is ADHD Awareness Month. Organizations, media outlets, and Coaches like me, and others will shine a light to bring awareness to Attention Deficit Hyperactivity Disorder. ADHD will be spotlit and highlighted. There will be challenges to rename it. People will share hacks and strategies. There will be quippy videos and funny memes. Others will dispute its existence.

What we do with what comes in this light is what matters.

I seek to inspire you. I want others to be uPLifted and to feel possibility in the “now” moment. In doing so, this issue of the uPLifted Series will highlight previous posts intended to inspire that may spark your flame and offer warmth in opportunity.

Together, we can create a life you want to step into each day. Each goal is a series of tiny tasks. Symptoms are for building awareness around using strategies that work for you. My answer is not your answer but with creativity, you may find it’s own flare as you create it to be your own. Inspiration is to create. That is what I seek to do here and out there in the ether.

If you have not yet followed me on social media search EmpowerM3 and follow me. If, like old me, you are not on social media send me a quick email request and I will be sure to directly share inspiration with you as it meets the masses.



Curious Question: If you had a magic wand, what would you cast a “fix-it” spell on to live life easier with ADHD?



Remember
you are not
alone.
There are
others going
through the
same thing.

-Adam Levine

(10 ADHD Quotes to Save for a Bad Day, 2016)



“Flow with life.” What does that saying mean to you. If you have ADHD or are finding life beyond stressful you may be fighting flow.

Flow is letting yourself use strategies that make your life smoother. Flow is tapping into your need to recharge yourself so you can show up ready with your best potential in hand. Flow is letting go of what is not your load to carry while holding empathy for the person who does.

The ocean surf can be choppy- you can sense the energy and charge from the underlying current. Or the ocean tide can be smooth and rhythmical.

I can remember from my early childhood being warned before entering the surf at the beach, “If the tide catches you do not fight it. Swim parallel and you will meet back with the beach down the way. If you fight it you will get too tired to swim and will be taken even further out.” Warning tucked away and off I went trusting I could swim the waves. And I did and still do.

Life is like a vast ocean affected by what is above and below. The moon and weather affect the tides and wave heights. Earth’s moving creates tidal waves and tsunamis. As much as we can’t control what comes our way we can control how we prepare and manage when the wave changes.

I have been on a personal journey to master my thinking channels and to strengthen my mental fitness through PQ repping. Funny word, yes, but a very simple and quick process training my brain to get in the present and to notice what is showing up within and around me. It has been a hard yet magnificent ride. When I’m taken to sea I know exactly what I learned when I was little. Swim with the current. And, indeed I get back to shore.

Are you curious about how you can learn to train your brain? I love sharing the wealth PQ can offer in finding flow while living this one life at its best. Your brain style is what you need to work with and flow from. I help people do that.

I appreciate your attention and hope if you are fighting the ocean tide of ADHD you will find your way to be in flow. Who knows this may inspire you in knowing there is a way back to shore down the line.



Curious Question: What does it mean to you to be in flow?



Resilience is being strong when it feels like the walls are falling in. I've heard ADHDers are often more resilient than neurotypical people. But why? Could it be the work they have to do to fit in?

Take a moment to take a self-check on where you are in these five areas.

1. How would you rank your emotional intelligence?
2. How are you managing your energy levels through out the day?
3. In what ways are you connecting with people?
4. Have you identified your purpose, values and strengths? If so, are they inline with your daily efforts?
5. How well can you shift perspectives in difficult moments?

Building resilience is a key component to living happier. I believe we can get what we need when we take a deeper look.

Keep stepping forward. You are worth it.



Curious Question: In what experiences have you demonstrated resilience?



It's the trees swaying in the wind and not falling over. That's a big deal for me after losing over 30 trees in March 2023 from a severe wind storm. I could be worried watching them sway or be in awe of their ability to bend.

I choose to bend. I'm grateful for Mother Nature's ability to adapt to forces. We too, can adapt. When there's a struggle there is often a strategy for adapting. We can fight the force or find ease and flow.

You do "you." Take a deep breath and appreciate your surroundings. Let your senses soak it all in. There so much good we let slip past our sight.

You might amaze yourself what you can be in awe of.



Curious Question: In what tasks or areas of life do you experience the greatest ease and flow? Where do you need it most?



“You get whatcha get and you don’t throw a fit.”

I remember hearing this saying when my kids were in preschool. The thought is to accept what you get and not say otherwise. No complaining.

I’m not sure that is the best way to phrase it. What about learning to accept? Look at what you “get” to have.

Waves come the way the tides roll. You can fight it or learn to ride it. I’ve been a life surfer. Many times I’ve found myself pulled under, tumbled to the sand, and pushed toward shore. Sometimes sucked right back in. Never did it feel good to be there. Somehow, though I made it back to the surface. What I have learned and hope to pass along to you is the power held in learning to become a surfer- to go with the tide. Accept and convert. It’s the gift of mental fitness.

I’m not actually a surfer. In fact, I’ve never been on a surfboard. I imagine it takes timing, incredible balance, and strength. If you’re a surfer please share what else is required. I’d say GUTS! All traits we need as humans to forge on no matter what is delivered to us.

Become a life surfer with me. Let yourself step into becoming. We are all humans in practice. If we accept it.

If you find yourself under the surf more often than riding the wave it might be time to reach out for a partner. You don’t have to surf alone. Actually, sometimes that can be really dangerous. Remember You matter. Always!



Curious Question: In what situation(s) could you choose to accept and convert?



What are you afraid of? Truly afraid of? Let's face it, fear drives us, when we let it. I once feared change. In fact, I believed changing meant something was "wrong" with me. I became comfortable not even knowing I was "that" uncomfortable. It took my body screaming back at me, my hair falling out and my gut a mess for me to finally stop the merry-go-round. Digging into my own presence to see how badly I needed to change sparked this whole journey.

Did you know the brain adapts to what it knows and believes that's the norm? This is how some people can live with incredible pain and not feel it until the pain is relieved. Or others are struggling through completing tasks ill-equipped. Not even knowing a tweak could alter their whole day and life experience.

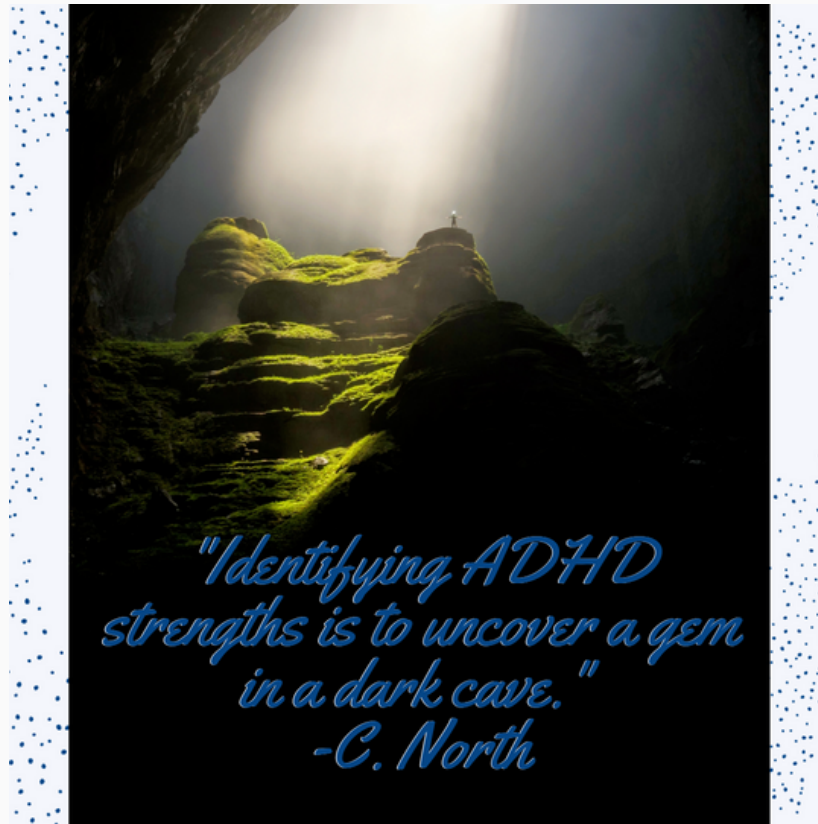
This is exactly why people with neurodifferences sit in school or in the workforce and struggle. They haven't discovered how to manage life with their "difference" yet. Becoming differently-abled does require change. A change that is right for that individual.

What would it be like if everything stayed exactly the same? Chaos! Stress! Fights! Mishaps! Hair falling out!! Or worse... Why accept that!?!

Don't let fear drive you. Let love for yourself win by choosing a smoother path to journey along.



Curious Question: What could be possible if you had what you needed?

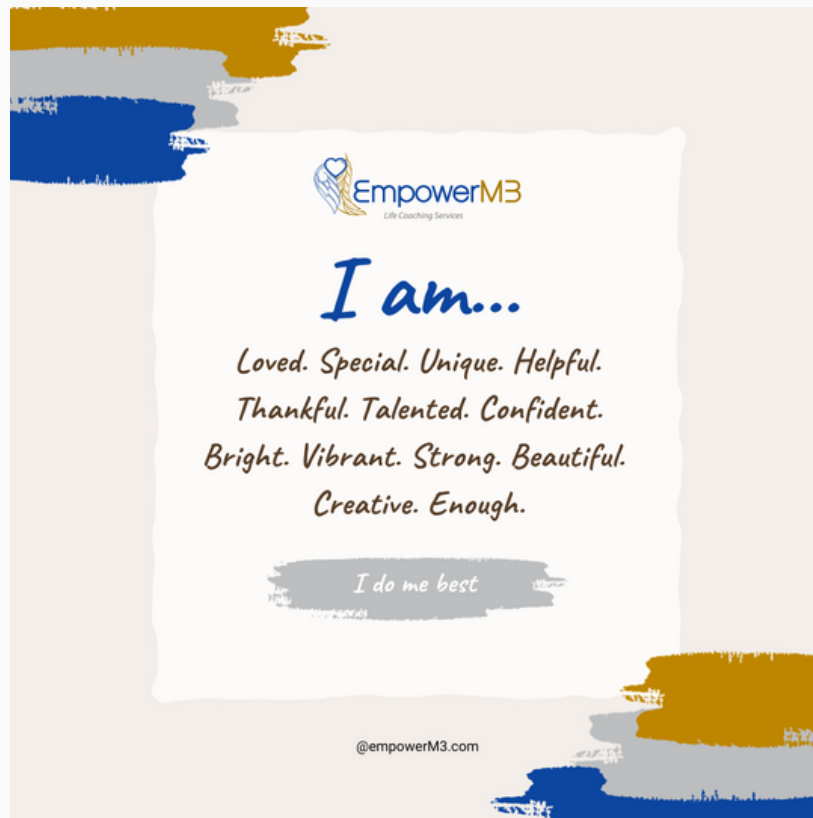


Gem Challenge! What strengths are inside of you that you are not noticing or not paying enough attention to? Especially when living with ADHD knowing your strengths can help you reach your goals. When you are able to open up what is inside of you this is when you allow yourself to shine. So often we focus on our weaknesses. But it's your strengths that can truly serve you best.

Use your strength as often as you can. See how bright you can shine? Then keep practicing with other strengths. Here's a few strength examples... honest, observant, devoted, fair, creative, or curious. Do you feel like you don't know your strengths? Go to www.viacharacter.org/ This is a great free tool to learn about yourself. Be empowered today. Say "EMPOWER Me"! Up for a challenge? Pick one of your strengths and pay attention to it.



Curious Question: What inspires you to use your strengths with a differently-wired brain system, ADHD?



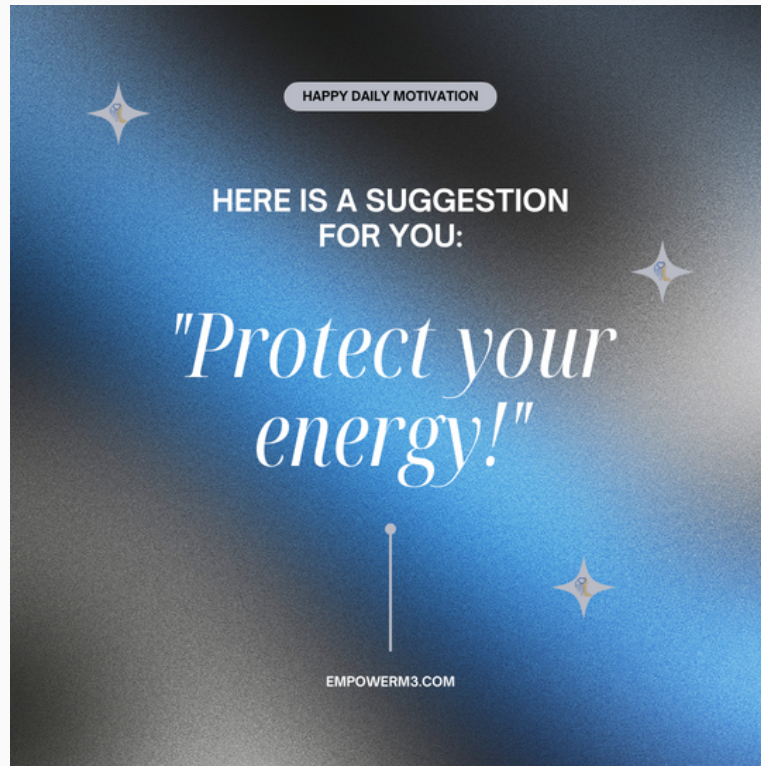
Define your “I am” statement and then walk in your light. There is power in defining what makes you your best self.

If you believe your negative chatter, take note and challenge how you can say it differently, from a different perspective.

I believe in the greatness planted in all of us. If you are unhappy with where you are, now is the moment to step towards your better self. It’s there. Perhaps it’s shadowed by negative beliefs. You can step beyond them. And, Shine on! It starts with your I am...



Curious Question: How can you spread the best of yourself into the world by defining your I am statements you will choose to be more intentional in being?



I was thinking the other day about how I protect my energy. Actually, I noticed I wasn't protecting my energy at all. I felt like I was in overdrive. Like an engine revved up that wouldn't downshift. In this mode, I have less patience, less attention, less focus, and less of what makes me at my best.

Do you feel tired and worn out? Perhaps you are overwhelmed and withdrawing. How can you build in a meter to access your energy? For me, I have to listen to what my body is telling me. Sometimes when you have ADHD you might miss all the signals. It's not uncommon to miss that you are hungry or thirsty or missed sleep.

Are you pushing against your own energy bandwidth? Check in with yourself. With this awareness build in time to recharge. I start with a 10-second check-in with how I am feeling. Presence is key to protecting your energy. Perhaps today your day to recharge.



Curious Question: What recharges you?



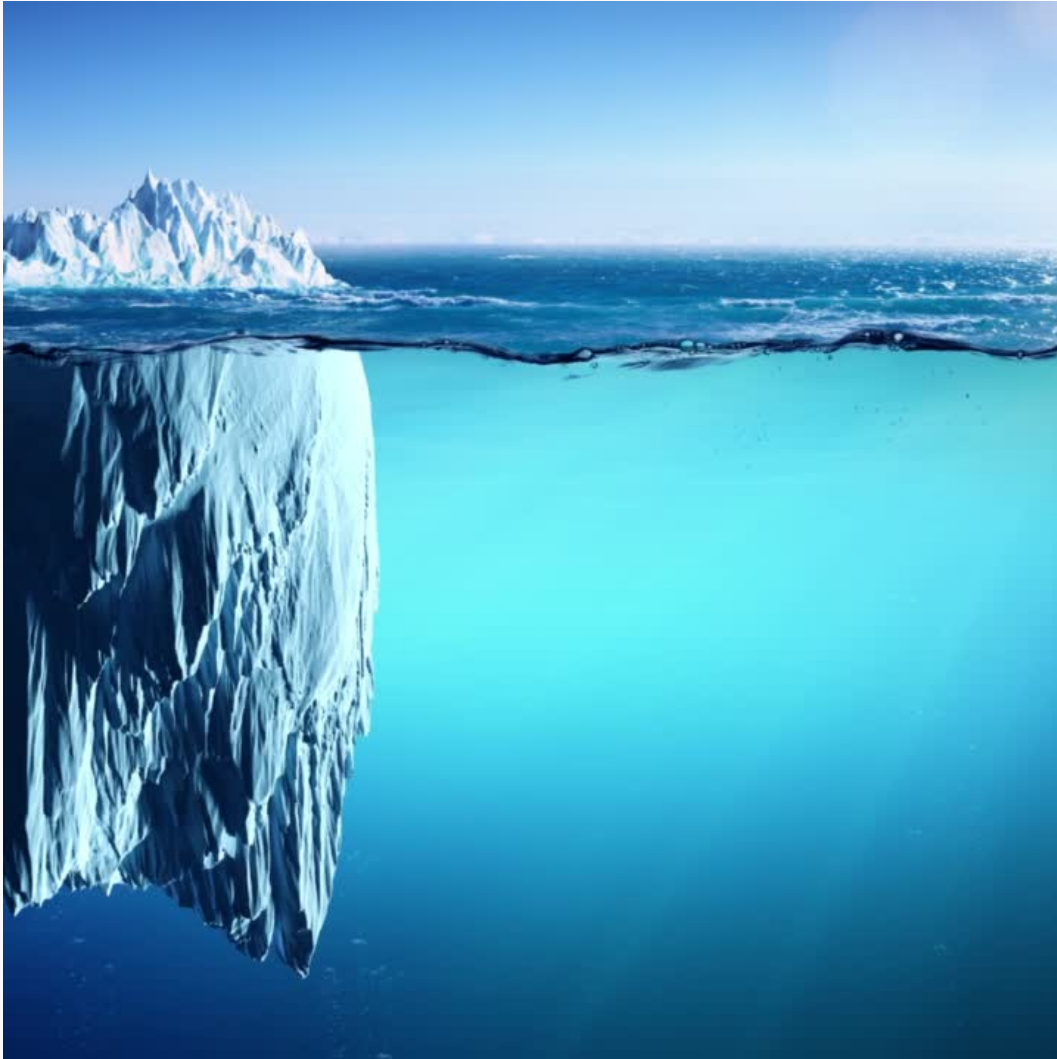
Wins have no size. 1% progress counts. A win can be as small as you give it credit for. I encourage you to find the small celebrations and make 1% count.



Curious Question: In what ways can you celebrating your wins?



WATCH NOW



ADHD and emotions are threaded tightly together. Watch this video to find out more.



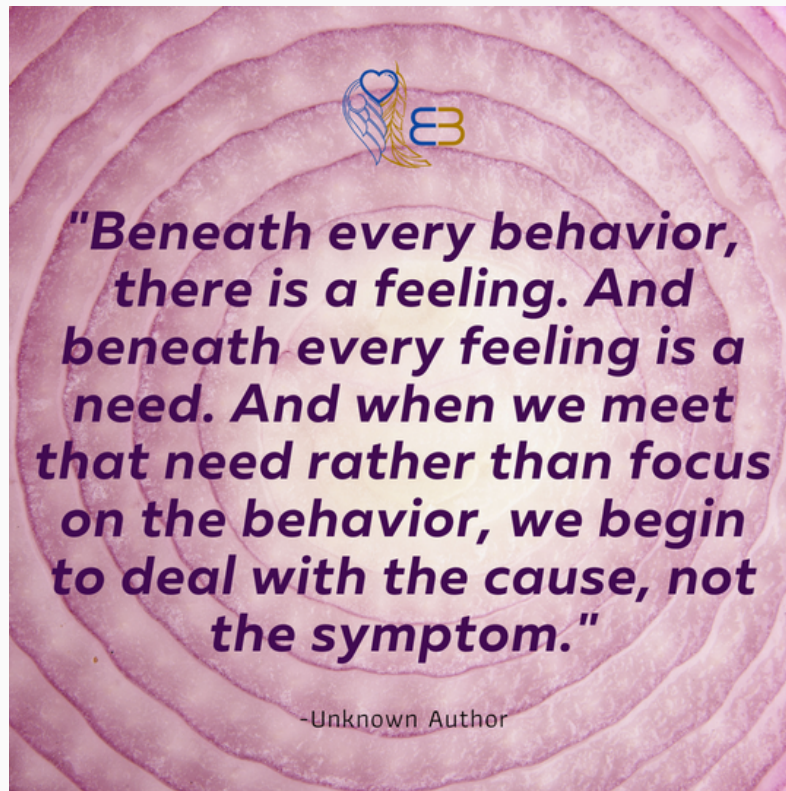
Curious Question: How do you know when your emotions are getting amped up? What sense can you tune into that is your warning sign of dysregulation? What will help you know to take a break so your regulatory system can calm down?



How will you embrace difference today? At some point judgement made different “bad”.



Curious Question: What if different is an opportunity?



"Beneath every behavior, there is a feeling. And beneath every feeling is a need. And when we meet that need rather than focus on the behavior, we begin to deal with the cause, not the symptom."

This continues to resonate with me every time I read it. When we get to the core newness sprouts even in the dark.



Curious Question: What would help you see the cause at the center of a behavior?



Sometimes you just need a partner to step in cadence with you even if it's inch by inch. Sometimes being different and standing out is just what this world needs for new creations and ideas.

ADHD Life Coaching helps you move towards your inner self. You are important and worthy. In doubt? One inch at a time.



Curious Question: What is inside you that the world is yet to see? That you are yet to discover?



Change is an inside job. Unfortunately, the word change is often received with a negative tone. "You need to change this!" "You better change that!" How often do we hear this? How often are we saying this?

What if you looked at change as the opportunity to become full? Full of your potential. If your tire were flat, would you choose to fill it up so it could get you where you want to go or would you accept it deflated and unfixable?

The same question can be asked in choosing to fill yourself up with change. If you do not like something about yourself, you can evolve. You can improve. Change does not have to be a dirty word. You can choose to change and find yourself empowered to burn rubber. Your greatness is inside. Find your tools and make choices to get what you need. You do not have to be deflated. You can fix it. Just like you would your tire so you can get where you want to go!



Curious Question: How does the word change sit with you?



Are you planning to do something fun this weekend? If you are then you are using your executive functioning skills. Do you feel it's almost time to go without looking at the clock? You are using executive functioning. Are you waiting to share your input until there is a pause? Yep, you guessed it, you are using your executive functioning.

Executive Dysfunction is not a diagnosis recognized in the DMS-V nor is it the same as ADHD (Sosnoski, 2022). Executive Function (EF) is a set of thinking skills required to plan, organize, focus, employ effort, manage emotion, remember, and take action. Attention Deficit Hyperactivity Disorder (ADHD) is a brain-based challenge in non-interest-based focus, planning, estimation, time awareness, memory, and follow-through. No kidding, Executive Functioning is a challenge with ADHD. But, you don't have to accept it as is. EF skills develop and strengthen over time with awareness, practice, and effort. Executive Functioning affects daily living in so many ways. One of the hardest and longest-lasting is in financial management. Without strategies and practices in place, debt can become a heavy burden. The April 2022 ADHD uPLifted Series highlights how Money Management and EF go hand-in-hand. Check it out to find ways to find your financial freedom with your brain working for you not digging you into deeper debt.

Resource:

Sosnoski, K. (2022, March 25). All About ADHD and Executive Dysfunction. Psych Central; Psych Central. <https://psychcentral.com/adhd/adhd-executive-dysfunction>



Curious Question: What ADHD taxes are you paying? ie: Late fees, unreturned items, rushed shipping....? How much could you save if you had a system to help you manage planning?



What are you becoming?

What if I shared that becoming what you want is effortful? Yep, you know that already. But what if I shared that becoming what you want is more so letting go of the expectations you hold yourself up to that are driven by your saboteur voices?

I feel much lighter taking notice of the voice that told me I couldn't do it and adding, "YET." Whatever "it" was at that moment. I just can't do it, yet.

Change is not remaining what we are. Becoming is what we seek. And in becoming we find contentment and greater happiness. A process I have been deeply engrossed in on my own personal path forward working out my mental fitness.

Coaching clients are often seeking happiness. Together we step into what holds them back. By shining the spotlight on the inner voice, a new voice can be heard in the echo. I help people build presence and strengthen self-awareness so they can become what they truly are with tools to manage their neurodiverse ways. Being different is a way of being. I believe you want your best self to shine, and I want to help that happen with you. Come back for more! I am here. Present and ready to team up with you.



Curious Question: How will you work with yourself and echo confidence and belief in who you are, becoming?




ADHD at its Finest
What brush are you painted with?

THIS OR THAT

Daydreamer	Big Idea Generator
Procrastinator	Careful Consideration
Talkative	Sharing Thoughts
Overwhelmed	Has a meter
Impulsive	Uninhibited
Distracted	Notices More
Oblivious to Time	Lives in Flow
Ruminator	Use of Imagination
Hyperactive	Energized
Forgetful	Uses External Tools to Remember



They say it one way but what if it was really different? How we paint ourselves or how others paint us is impactful.

For many with ADHD, these words carry a heavy negative weight. What if instead, the struggle was reframed and understood from a different lens? With support, these negative labels of ADHD can take on a whole new opportunity.

What stands out to you? Have you been labeled in a way that has weighted you down or perhaps you've experienced the opposite? What can you share?



Curious Question: What would move you from depleted by labels to recharged through reframing? There is power in what you believe.



Got goals? Me, too. One was to have my ADHD uPLifted series published. Well not yet. I find July to be so hard. The kids are home. The outdoors are calling. My motivation isn't as pointed toward the goal.

When my clients are striving to meet their goals we often take a step back to determine how they are to actually the set goal. I often share this helpful strategy of setting SMART goals.

Goals are easier met when they are broken down to be specific, measurable, attainable, realistic, and time-bound.

It is when we break things down that the brain can see an activation point. When we use our mind in curiosity and explore our options we can see a path forward.

Or, we can stay stuck with our negative actors taking over.

SMART goals ease the angst our negative actors throw at us. It's purely a survival habit. Give SMART goals a try. It may be helpful.



Curious Question: Where could you apply the SMART goal strategy to get what you need started and closer to done?



Hello

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 Certified PQ Coach™ (CPQC) 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 your discovery starts today.

ADHD is not
something you
outgrow. ADHD
is something
you grow with.

— CINDY NORTH,
LIFE COACH AND AUTHOR





Notes & Takeaways



Disclaimer:

The uPLifted Series is not provided to diagnose or treat Attention Deficit Hyperactivity Disorder or any other mental illness. The information included in each 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.