

uPLifted Series

An Informational Digest of EmpowerM3 by Coach Cindy



Harnessing Motivation

BY: CINDY NORTH, ACC, CALC, CERTIFIED PQ COACH™
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For individuals with Attention Deficit Hyperactivity Disorder (ADHD), feeling motivated can be a real problem. If you have ADHD, you've likely been painted with the L-word- "LAZY." Or you may know someone who struggles with ADHD. Perhaps you have thought or shared with them just how lazy they are. What if it is something else and not lazy at all? What if ADHDers weren't painted with the broad-stroked brush of Lazy? What if motivation could be accessed at will?

It's a new year! A clean slate. January kickstarted New Year's resolutions, fresh starts, big ambitions, and new lofty goals. Whohoo! Renewed interest! It's seemingly baked into the human experience: ring in the new year equals getting started with everything you had put off or merely thought about but didn't do last year. Many jump into a new regimen for eating healthier, exercising more, or taking the initiative to pursue a significant career goal. Others take on a more personal reboot with words of the year or well-laid-out plans for achievement. Excitement surrounds the fresh slate. ADHD brains crave interest. "Whoo-hoo! This will be the year..." Until it's not.

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Sometimes later becomes NEVER. Do it now.



As the month rolls on, excitement and interest may wane. The daily grind becomes routine, and the ADHD brain loses the spark that January 1 offered. You may not realize how much your brain is doing to stay the course. Your brain's executive functioning skills are crucial in keeping you on track. If you want to eat healthier, you avoid temptations with self-regulation and impulse control. If you exercise more, you lean into planning, effort, and activation. Career goals require motivation and staying power. If you are seeking "doing," you are using executive function.

Motivation is intricately connected to executive functioning, influencing cognitive process initiation, maintenance, and adaptation. Strong motivation can enhance an individual's ability to set and pursue goals, manage working memory effectively, exhibit cognitive flexibility, and exercise inhibitory control, all contributing to efficient executive functioning.

But what can you do when motivation falls flat?

"If I could just get motivated, I wouldn't be so behind."

Have you felt like this before? Perhaps it's something you mutter regularly. You may even believe you are lazy.

Let's challenge this thought. Are you truly lazy? Yes, it is hard to get started. Likely, you routinely lean into urgency to kickstart yourself. You are leaning into the learned habit of procrastination. Procrastination feeds a chemical reaction that kicks you into gear when interest does not. You may even believe this strategy works for you. Likely, you get a lot of sh[^]t done! I hate to rain on your parade, so I will ask you.



Curious Question: What can you harness and use that helps you take the first step?



EFFORT

Do you like living this way? Do you want to spend the rest of your life putting things off until the nth second with the panicked feeling in your stomach, a flood of energy, the rush pushing you through? Do you want to be sleep deprived, amped on caffeine, at a heightened state, flustered, feeling stressed, leaning solely on the mentality of push come to shove? I know, silly question. When put this way, of course, you are not jumping up and down with your hand in the air shouting, "Pick me! Pick me! That's how I want to do life." This sounds miserable.

Motivation is not something you can wait to have. How many people are jumping at the chance to fold laundry or make coffee? The funny thing is that I hate doing these two mundane tasks. And I get to do them on the daily. Lucky me!



3 Tips to Get Important Stuff Done When You Have ADHD or a Monkey Mind

This episode talks about the shame and guilt some of us tend to have around NOT following through on the things we set out to do. Ryan shares 3 AMAZING tips to stay focused on what is important to you and make progress you're proud of. Ryan also shares some insights on fulfilling work for those with ADHD.

PODCAST

<https://podcasts.apple.com/us/podcast/the-intentional-mind-podcast-clarity-motivation/id1533460054?i=1000633943676>

So, what's the workaround?

It's time you understand what's involved in motivation so you can get sh^t done! Motivation is a brain thing.

Motivation is a dynamic and individualized process; what motivates one person may not necessarily motivate another. ADHD is a brain difference requiring an extra good look under the hood.

In the article "Motivation: The Driving Force Behind Our Actions," Cherry highlights three key Components of motivation:

Activation- you have to decide to do the thing.

Persistence- the staying power to keep at it no matter what.

Intensity- the amount of concentration and vigor it takes to do that thing.

It is important to understand that with an ADHD brain-style activation, persistence and intensity can ebb and flow with little rhyme or reason. Some days, you are all-in, game on, while on others, it may feel like you don't have a foot in the game of life whatsoever. This repetitive loop can deflate you, leaving you feeling out of control. You may even buy into the mislabel you have been stroked with: I am lazy!

But there is more to motivation than that.



ADHD is not
about
knowing
what to do,
but about
doing what
one knows.

-Dr. Russell
Barkley

Take the Mind Tools® assessment

HOW SELF-MOTIVATED ARE YOU?

PERSEVERANCE

IDEA

success

PLANNING

1

GOAL

KEY FACTORS OF MOTIVATION INCLUDE:

Needs and Drives:

- Basic needs (Maslow's Hierarchy of Needs).
- Drive-reduction theory (fulfilling physiological drives).

Incentives and Rewards:

- Positive reinforcement.
- External stimuli and rewards.

Expectancy-Value Theories:

- Expectancy theory (effort leads to desired outcome).
- Valence (attractiveness of the goal).

Cognitive Factors:

- Intrinsic and extrinsic motivation (Self-Determination Theory).

Goal Setting:

- Setting specific, challenging goals.

Social and Cultural Influences:

- Peer pressure, social norms, and cultural expectations.

Emotional Factors:

- Influence of emotions like fear, joy, and anger.

Biological Factors:

- Role of neurotransmitters (e.g., dopamine).
- Hormonal influences (e.g., serotonin)

Personality:

- Individual differences (extraversion, conscientiousness, etc.).

Environmental Factors:

- Access to resources.
- Opportunities and challenges.
- Level of support.



INCUP-Interest Novelty Challenge Urgency Passion
RAN-Reward Accountability Novelty
KISS- Keep It Sagey Simple

Who knew so much was at play in getting motivated? Motivation requires the brain to operate like an unbeatable Champion Team. So now what? You are the Coach of your brain. Top athletes watch footage and pick apart play after play, even when they win and especially when they lose. They don't walk away and never look back. They analyze what worked and what didn't. You can take steps to design living like the winner that you are.

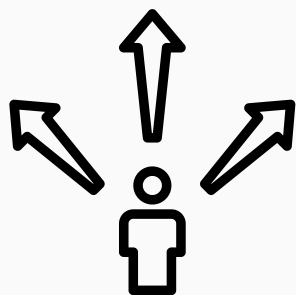
HOW TO DESIGN LIVING YOUR BEST WAY



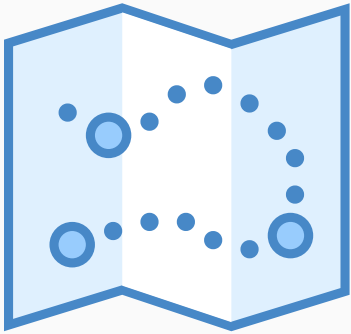
Step 1: The first step is *recognizing* when you are doing that thing. You need to know your playbook inside and out. You need to be able to spot your action/inaction.



Step 2: Establish *Special Plays*. Don't fall prey to your own faulty footwork. Life is going to nutmeg you. Getting nutmegged is a soccer term for when an opposing player kicks the ball between your feet, passing by you. Imagine yourself pulling out your special play, leading you to the winning outcome you desire. Tap into your interests. What would make the next steps enjoyable? Special plays are exciting. The ADHD brain craves excitement, especially when it is interested.



Step 3: Change your *route*. How you choose to get your sh^t done, i.e., folding laundry or making coffee, is by your design. Life throws lots of mundane, joyless tasks our way. You may have an assignment, chore, or need that you just can't get going on. All the want to in the world isn't doing it. It stares you in the face. This is when you lean into self-talk, SMART goals, chunkable actions, and accountability partners to help you move the needle 1%. It is true; you will get to the same destination if you take the same route. You are best suited to choose a path that ends with the accomplishments you need/want/desire, with rest stops along the way.



Step 4: Build in Waypoints. Refueling your brain and body with healthy energy and recharging with wholesome activities and rest is essential for sustainability. Staying motivated requires energy and attention. Both energy and attention are renewal resources. What one choice could you build into your Special Plays in the following areas:

- Nutrition
- Movement
- Sleep
- Connection

ADHD is challenging but also a way of living that can be playful, creative, and joy-filled when cleverly designed. I have clients who have discovered its superpower and partnered to craft ways around the difficulties of their symptoms. You can be your brain's championship-winning Coach. You are worthy of this devotion to self. What else is more important than living in your best version? You may not be there yet. Today is day one; start with step one.

Group Coaching Opportunity for Women with ADHD

SIGN UP!

A 6-week Coaching Engagement Starting April 12, 2024

Includes: 5 - 1- hour Group Sessions, Plus 1 - 30-minute Private Coaching Session, and Curated Resources

\$349

LEARN MORE

SCAN ME

Hello

Thank you for joining me. My name is Cynthia North, but people know me as Cindy. I am an ACC Credentialed 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 Certified 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.

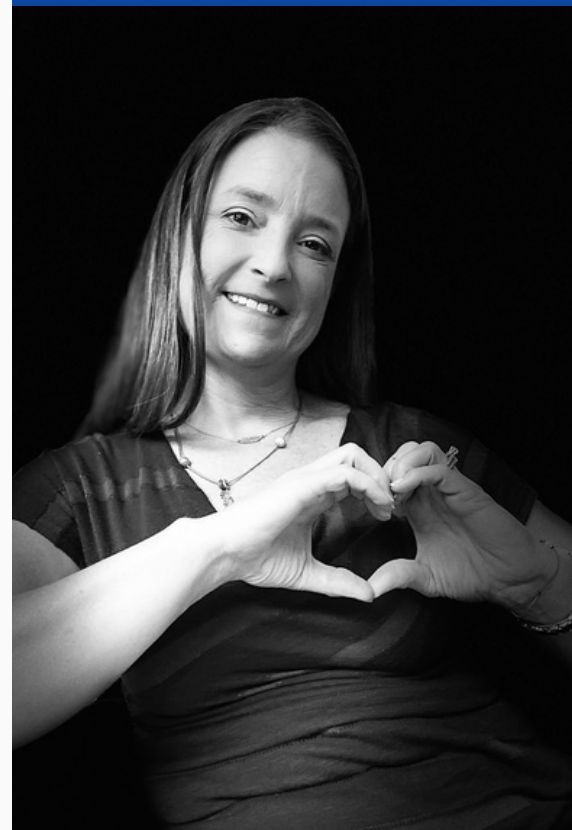
Life experiences have made way for opportunity. I am on a journey to slay stigmas surrounding brain differences. Finding a Life Coach to empower my child led me to become a Certified ADHD Life Coach myself to serve others past their stuck ways and ADHD stigmas. Choosing to strengthen your inner self 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



Keep learning!

Resources

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Self-Motivation Quiz-

MindTools | Home. (2024). Mindtools.com.

<https://www.mindtools.com/adosk97/how-self-motivated-are-you>



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.

What do you know now?

Notes & Takeaways



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