

# uPLifted Series

An Informational Digest of EmpowerM3 by Coach Cindy



## You for You- Autonomy Matters, Especially for ADHDers

BY: CINDY NORTH, PCC, CALC, CERTIFIED PQ COACH™  
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*Summary: In this powerful narrative, as a coach, I invite you to explore the true meaning of choice and autonomy in your life. The message is simple but profound: the path to happiness starts with how you talk to yourself and how you take ownership of your own journey. By shifting from harsh self-criticism to blameless discernment, you can start living life your way—authentically, purposefully, and free from external expectations. Just imagine.*

Coach: "What does having a choice mean to you?"

I connect my eyes through the computer screen, noticing his eyes becoming more glossy as they shift away. I sense that I have hit on something deeper inside of him.

Client: "Choice. It doesn't feel like I have one. I've tried so hard, and still, I feel the pressure. It never lifts. I fall further and further behind. I'm not meeting the mark. And guess what? No one knows I'm such a mess inside. They think I should get a calendar and set an alarm. If I was more organized and paid more attention to the details. "I hate myself like this!"

Coach: "What choice do you have knowing this?"

Silence.

Client: "I could stop hating myself."

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“Autonomy is different from independence. It means acting with choice.” – Daniel H. Pink

This narrative could be tweaked with numerous challenges I coach clients through; "My marriage is falling apart." "I'm failing school." "I'm making mistakes that are costing me real money." "My friendships are fading." "I can't remember until it's too late." "I can't seem to get myself together." "I start and stop everything and then never get anything done." "I'm tired of people being frustrated with me." "I'm tired of being mad at myself!" "I'm sick of feeling like a failure." "I'm ready to live easier." "Damn it, what the F is wrong with me!"

Likely, you have a narrative running through your mind as you read this. The brain is fantastic at that, whether we like it or not. Someone else's experience conjures up your own.

The magic of coaching is giving full autonomy to the person who owns it. The answer is not in the Coach.

The answer is in you.

How often are you "doing" for others, striving to meet outside expectations, and criticizing yourself harshly when you don't meet the mark? It's like carrying around a fifty-pound pack in the pouring rain in oversized boots. You're trying to do life the way you've been told, even though the way you are told doesn't ignite you or work for long or at all. Are you endlessly trying to check the boxes of the never-ending to-do lists?

I invite you to pause here for a second, "Who are you living your life for?"

Are you living for others or yourself?

Are you for or against yourself?

With faith, you may be living for a higher power. Are you living for God or through God?

Pop quiz. "Do you think you would feel happier living life your way?"

I bet your answer is, "Yes!"



YOUR CHOICES OF ACTION MAY BE LIMITED, BUT YOUR CHOICES OF THOUGHT ARE NOT.

-ESTHER HICKS



Why choose autonomy? What does it even mean to be autonomous?

"Autonomous" means making decisions and acting independently without being controlled or influenced by others.

It starts with an active choice to choose ways forward that will feed your happiness meter. The brain is wired to survive, not to be happy. Living happily requires your attention and effort. Happiness doesn't just happen to you. You create it. Living happier starts with the language you use, followed by doing life in ways that serve you, and, in turn, the lives around you have an opportunity to improve. It's a bonus effect. What you say is what informs your brain. It's not that you can trick your brain into false beliefs. Crappy situations are crappy. You know better than anyone what is at play for you. The saying, "Fake it til you make it," might get you out of bed, but it won't necessarily make you feel happy doing so. It takes active choice and effortful practice to strengthen your ability to attune to self and build self-awareness.

ADHD brain-wiring intensifies the importance of language use. Hallowell states by age ten, an ADHD child has heard 20,000 more negative messages than their neurotypical peer. Understanding that negative messaging can influence your mindset highlights the importance of identifying and using your self-generated pathways to success. This is especially important for parents raising an ADHD child. Language is powerful.

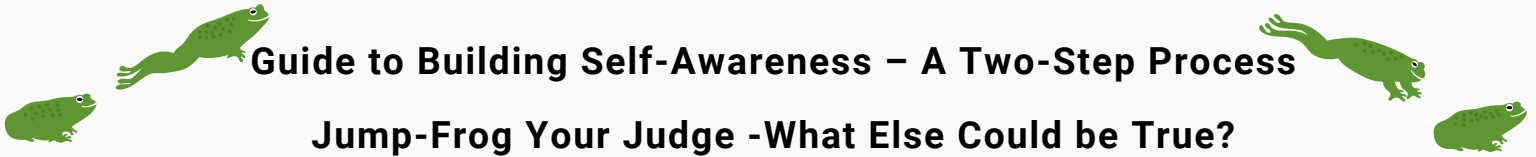
The ADHD brain is wired to notice all the random stuff neurotypical brains filter out. This makes attention especially hard. It's easy to look outward. You are the hunter in a gatherer-designed world. This does not have to be a bad thing. It just is the way your brain is wired. For many people with ADHD, it can be challenging to turn your attention inward. Do you forget to eat, eat past full, or delay going to the bathroom? It's not uncommon for ADHD brains to miss these basic bodily cues. It's also crucial to acknowledge that self-awareness can be especially difficult when the attention on oneself sparks shame and self-judgment.



**Self-awareness is not judgment. It is looking, seeing, and discovering who you really are. So, check your judgment at the door.**  
- author unknown

Spoiler alert! Self-awareness and attunement are effortful practices for life. This is not a skill you learn and move on. It's not like memorizing your 2's multiplication. It is an ongoing practice. It starts with the dialog going on in your head. When was the last time you took note of what you were saying to yourself? Do you lean towards a harsher tone or lift yourself like a trusted friend would? What type of self-talk do you have? It's hard to feel happy when inside you are hating on yourself.

You have your place of importance and so much to offer. So, let's do it in a way that serves you.



## **Guide to Building Self-Awareness – A Two-Step Process**

### **Jump-Frog Your Judge -What Else Could be True?**

We all have judgment at the forefront of our being. Judgment develops during our formative years to determine "right" or "wrong." We learned to use judgment in forming our reasoning.

Rather than leaning into judgment to decide what is good/right or bad/wrong, try practicing empathy using blameless discernment backed by curiosity. You can go further if you become aware of this harsh voice and jump it. In the examples below, you will notice how word choice can shift how one feels and open or close possibilities. Blameless discernment helps replace self-criticism with understanding and encouragement. Blameless discernment is not toxic positivity. Blameless discernment is calling it what it is.

- Instead of: "I'm so disorganized."
- Try: "I can't find anything. I thrive when I use systems that work for me. What could support me now?"
- Instead of: "I can't focus on anything."
- Try: "My mind is curious and creative; I'm learning to channel it. What will help me use my curiosity and creative ability in what I need to do now?"

Bookending empathy with a question activates creative thinking, offering ways forward and activation points.



Wisdom is in the pause. To measure our words, to deescalate our feelings, to consider others, and to get perspective. Harness the power of pause.

## Pause-and-Reframe Practice



When you catch yourself in Judge mode, being self-critical, critical of others, or a situation, pause and reframe.

- Step 1: Notice the thought (e.g., "I'm so disorganized").
- Step 2: Acknowledge the challenge without blame (e.g., "Organization is tough for me because my brain works differently").
- Step 3: Reframe with curiosity (e.g., "I'm learning tools that work for me to make organization easier over time. What could work now?").

**Goal:** The Pause and Reframe practice helps to build awareness of negative thought patterns and replace them with affirming language that helps move you forward.



### 251 The Importance of Autonomy I Have ADHD Podcast, Kristen Carder

We live in a world designed for those who are Neurotypical, but when designing a world for those of us who have ADHD, we need to think about what it means to be "ADHD Friendly". So then, what does it mean to be "ADHD Friendly", and what makes it so??

<https://podcasts.apple.com/us/podcast/251-the-importance-of-autonomy-as-an-adhd-adult/id1446874607?i=1000645981094>

*When you know yourself you are empowered.*



## ***Live Your Life Your Way***

If you are living for others, it's time to shift your attention to yourself and reflect on what is happening within you. You have to attune to living in yourself and be authentic and 100% honest with yourself.

What is happening in you? Let go of the blame game. This is your opportunity to be in blameless discernment. It is what it is. Define the "it". This is hard work. It may require seeking outside support from a knowledgeable ADHD Cognitive Behavioral Therapist or a Certified ADHD Life Coach. Having support from an unbiased person can be like finding the missing puzzle piece that completes the picture of who you truly are.

It's time for you to live life for yourself. Not in a selfish way- in selfness. Living in a way of ownership and self-responsibility with language that serves you. 2025 is your year to shine. What will help you take ownership and live autonomously?



# Upcoming Coaching Opportunities

## GROUP COACHING TO TRAIN YOUR BRAIN



Kick off your 2025 with intention! Are you struggling with impatience, especially when results aren't coming as quickly as you'd like? It's time to take control. By practicing mindfulness, you can shift your self-talk, boost your self-confidence, and strengthen your relationships—both with others and yourself. Mindfulness creates space for you to move towards your goals while navigating the challenges of ADHD and life's chaos. Mental fitness is the key to turning stress into calm, empowering you to stay present and focused. Start today—take the first step towards a more balanced, purposeful year!

### **Enrollment is now open for "ADHD Saboteur Shifters"**

10- 1-hour Group PQ Coaching Sessions

Tuesday's at 12pm EST - January 7, 2025 - March 25, 2025

(No sessions on March 4th or March 18th) ,

1- Access Pass to Positive Intelligence Program App for 1-Yr

Limit 6 participants per group (Minimum 3)

Fill out your application [here](https://forms.gle/MFPgGGXBtyK8aRag8) (<https://forms.gle/MFPgGGXBtyK8aRag8>)

Prefer to go alone? Contact Coach Cindy for personalized PQ Coaching.

**\$850**

## Group Coaching Opportunity for Women with ADHD

**SIGN UP!**

Welcome to ADHD Group Coaching with Cindy & Meg, Certified ADHD Life Coaches

A 6-session Coaching Engagement Starting January 24, 2025



SCAN ME

Includes: 5 - 1- hour Group Sessions, Plus 1 - 30-minute Coach Connection Call, and Curated Resources

**\$349**

**LEARN MORE**



## Hello

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

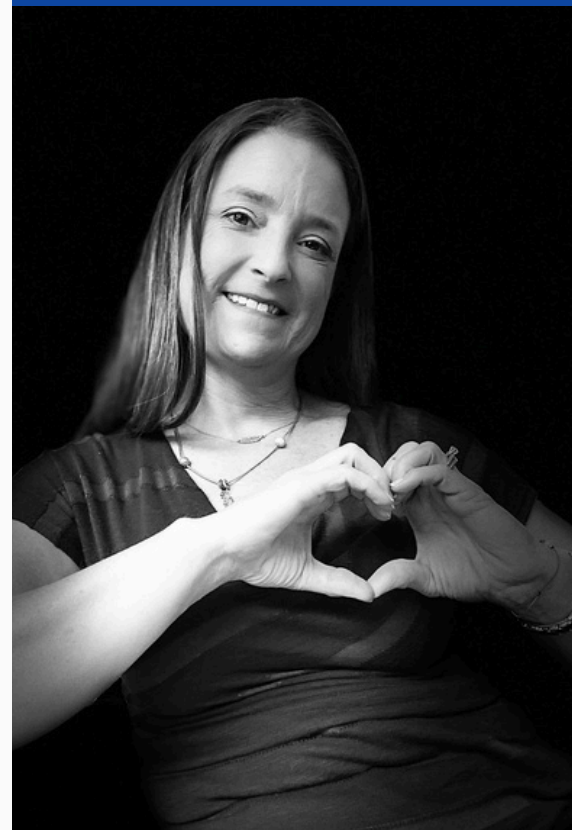
Life experiences have made way for opportunity. I am on a journey to slay stigmas surrounding brain differences. Finding a Life Coach to empower my child led me to become a Certified ADHD Life Coach myself to serve others past their stuck ways and ADHD stigmas. Choosing to strengthen your inner self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





What do you know now?

**Notes & Takeaways**

