

AN ADHD UPLIFTED SERIES

SETTING COURSE THE POWER OF SETTING INTENTIONS

FEBRUARY 4, 2025

INTENTION SETTING: MOVING FROM WISHFUL THINKING TO WILLFUL ACTION

With ADHD, you can play with both interest and intention by turning boring tasks into games, stories, or dopamine-boosting experiences—think racing a timer, narrating your actions like a detective, or doing chores to your favorite playlist. Instead of vague goals, set micro-intentions (“Just start the washing machine”), use sensory cues (headphones = focus mode), or theme your time (“exploration hour” vs. “completion mode”). By making tasks fun and giving your brain a clear direction, you turn everyday obstacles into engaging, doable wins! 🎯🌟

» MAKE INTENTIONS TANGIBLE

Write them down or say them aloud to anchor your focus and reduce mental clutter. Share your intentions with someone you trust to bring them to life.

» PAIR INTENTIONS WITH SENSORY CUES

Link them to routines or objects (e.g., “When I sit at my desk, I intend to write for 5 minutes”, “When I pick up my phone I will pause for 10 mindful seconds”).

» USE A REFOCUS QUESTION

When distracted, ask “How does this align with my intention?” This will help you get back on track.

» BOOKEND IT WITH A SMALL WIN

Acknowledge all progress to reinforce momentum and build confidence. 🏆

