create NOVELTY

When focus fades, take control.
If your interest is low, build focus add:

SPARKLE

HIGHLIGHT items you need to see.
Use different colors.

ADHD makes words disappear.
This causes your mind
to pull away
from the focus.
The ADHD brain is attracted to
things that are bright and shiny.

GET SUPPORT

USE A BODY DOUBLE
HAVE A SUPPORT TEAM
USE CLOSE-UP PROMPTS:
whiteboard, post-its, &
notebooks
What supports your process?
What's your reward?
Use what supports you.

FOR MORE HELPFUL TIPS....

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FOCUS TOOLKIT

LENGTH OF FOCUS

Each person has a different
amount of time
he/she can focus.

Identify your length of focus
(LOF)
Time your LOF
Customize your LOF
for each job

Know when it's time to
take a break
Know when it's time to restart
Continue this cycle.

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MUSIC IS MAGIC

MUSIC AFFECTS BREATHE

Your heart rate speeds up or
slows down depending on
the type of music
you listen to.

MUSIC CHANGES MOOD

A slow, meditative tempo relaxes
your heart rate. Faster music with
upbeat tempo speeds
up heart rate and respiration.

MUSIC SOOTHES STRESS

Music enhances your performance.
Know your music preferences.
Make playlists for your projects.

WHAT'S YOUR MOOD?

Tired, can't start, unenthused?
Pump up your energy with your
favorite hip-hop, reggae, or
old school oldies.

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KNOW YOUR MUSIC NEEDS

calm down with _____

_____

_____

wake up with _____

_____

_____

playlist ideas _____

_____

_____

_____

FOCUS WORKSHEET

Take time to chart your length of focus, playlist your projects, create novelty, and know what supports you

TIME YOUR LENGTH OF FOCUS

_____

_____

WHAT DO YOU USE TO CREATE NOVELTY?

_____

_____

WHAT SUPPORTS YOUR WORK PROCESS?

_____

_____