

Divergipedia

A 100-term lexicon celebrating neurodivergent brilliance, playful productivity, and the Divergify community.

Adaptive Afterburn

The burst of creative output that shows up once the pressure is technically off, but your brain is still in go-mode.

ADHD Atlas

Your inner navigation system that maps the fastest route between inspiration and action, even when the terrain is chaotic.

Anchor Task

The single must-do activity that steadies the day and keeps every other task from floating away.

Attention Altitude

The mental height you gain when you zoom out to see context before you zoom back in to focus on details.

Brain Bounce

The energetic hop between ideas that keeps projects lively and prevents stagnation.

Brain Buffer

The intentional buffer time you build before and after intense work to let your mind recalibrate.

Brainstorm Sprint

A fast, time-boxed idea session designed to capture brilliance before it evaporates.

Circuit Break Breath

A short breathing ritual that cuts the power on overwhelm and resets your nervous system.

Clarity Capsule

A compact set of notes or visuals that remind you what success looks like for the current project.

Clock Tetris

The art of fitting oddly shaped tasks into the calendar without bending time.

Creative Backlog

The treasure trove of future experiments waiting for the right mood, energy, or collaborator.

Cue Cascading

Stacking environmental cues in sequence so your brain naturally flows from one habit to the next.

Daydream Dock

A safe space in your schedule where wandering thoughts are welcomed, explored, and recorded.

Deep Focus Bubble

A protective environment—noise-canceling, light-tuning, or otherwise—that helps hyperfocus land gently.

Dopamine Breadcrumbs

The small, satisfying micro-rewards you scatter through a task to keep motivation fueled.

Dopamine Dividend

The payoff you feel after completing a task that used to drain you, proving the new system is working.

Energy Audit

A regular check-in that tracks which activities charge you up and which ones pull the plug.

Executive Function Fuel

The rituals, snacks, music, or movement that give your planning brain the spark it needs.

Flow Flares

Tiny signals—like humming, foot tapping, or doodling—that tell you a flow state is about to ignite.

Focus Anchor

The tangible object or phrase you touch when you need to re-dock your attention.

Focus Campfire

A cozy, supportive gathering (real or virtual) where accountability buddies keep the momentum warm.

Focus Sprint

A timed burst of concentrated effort followed by a restorative break that honors your natural rhythm.

Gadget Grazing

Mindlessly hopping between devices or apps when your brain is hunting for novelty instead of purpose.

Glitter Filter

The mental sieve that separates genuinely exciting ideas from the distracting shiny ones.

Goal North Star

The guiding metric or outcome that keeps experiments pointed in the same direction.

Habit Halo

The positive ripple effect that one consistent habit has on the rest of your routines.

Idea Avalanche

That overwhelming rush of concepts that requires sorting before execution can even begin.

Idea Inbox

The capture system—notes app, voice memo, or sketchbook—that keeps inspiration from evaporating.

Intentional Interrupt

A purposeful pause that prevents you from sliding into autopilot and forgetting what matters most.

Interest Ignition

The ritual that sparks genuine curiosity before you dive into a task you might otherwise avoid.

Jolt Journal

The notebook reserved for sparks of genius that often strike in inconvenient moments.

Jumpstart Ritual

A personalized sequence—like brewing tea, stretching, or playlist switching—that signals your brain to begin.

Lightning Round

A rapid-fire decision session that clears the backlog of tiny choices draining your energy.

Mental Maintenance Window

Scheduled time to tidy digital files, rename folders, and reset your systems for future you.

Momentum Bridge

The small action taken at the end of a work block to make the next session easier to start.

Mood Mapping

Tracking emotional weather so you can match tasks to the climate inside your head.

Neurodivergent Nest

The supportive environment—tools, textures, lighting—that makes your brain feel at home.

Noise Armor

Any combination of headphones, white noise, or audio boundaries that shields precious focus.

Novelty Budget

The intentional allocation of time or resources for experiments that keep life interesting.

Overwhelm Offramp

The plan that lets you safely exit a spiral before it becomes a traffic jam in your mind.

Pace Pilot

The internal coach that helps you throttle energy output so you can finish strong, not fried.

Pattern Pulse

The rhythm you notice when habits or triggers repeat, telling you it's time to adjust.

Permission Slip Stack

A literal or digital collection of reminders that you are allowed to work differently and still succeed.

Priority Orbit

The tasks that stay closest to your mission, even as other obligations try to pull you away.

Procrastination Pivot

The intentional flip from avoidance to curiosity that unlocks forward motion.

Progress Breadcrumbs

Mini milestones that prove you're moving, even when the finish line is still a dot in the distance.

Recovery Buffer

Built-in downtime that honors the cognitive cost of showing up brilliantly.

Reset Ritual

The simple routine—closing tabs, jotting notes, setting alarms—that ends one session and preps the next.

Rhythm Reset

A change in tempo—walking, stretching, switching playlists—that recalibrates your pace.

Sensory Anchor

The grounding texture, scent, or sound that brings you back to center when everything feels too loud.

Sensory Circuit

A loop of sensory experiences that keeps your nervous system regulated throughout the day.

Sensory Menu

A personalized menu of sensory inputs you can reach for depending on the moment's needs.

Signal Stacking

Layering multiple reminders (visual, auditory, digital) so an important action actually happens.

Single Task Sanctuary

A physical or digital space where only one priority is allowed at a time.

Spark Sprints

Short bursts of experimentation that test ideas before you commit to full production.

Sprintable Task

A chunked-down action small enough to complete inside one focus sprint.

Stim Stash

Your curated collection of fidgets, textures, and tools that keep your hands happily occupied.

Synapse Sync

The sweet spot when your interests, energy, and support all align.

Tempo Tuning

Adjusting the speed of your workday so it matches your mental rhythm, not someone else's.

Time Anchor

The moment you tether other tasks to—like a meeting or meal—that stabilizes the schedule.

Time Capsule Planning

Writing notes to future you about why a decision was made, so you can pick up the thread later.

Time Cloud

The flexible block of hours reserved for freeform curiosity without guilt.

Time Cushion

Intentional buffer time that keeps transitions smooth and panic minimal.

Time Drift Detector

A quick check-in that signals when you've wandered away from your priorities.

Time Horizon Hop

The ability to jump between long-term vision and short-term action without losing the thread.

Time Shield

Boundaries that protect your best focus blocks from meetings, notifications, and chaos.

Transition Bridge

The mini routine that guides you from one context to another without losing momentum.

Trigger Tracker

Logging patterns that set off stress or joy so you can design more of what works.

Visual Command Center

The dashboard of calendars, sticky notes, and color codes that keep all the plates spinning.

Workflow Sandbox

A playful environment to prototype processes before rolling them into everyday life.

Brainwave Bookmark

The quick notation system that lets you pause an idea mid-stream and return without friction.

Calm Cache

Your stash of activities, sounds, or rituals that lower nervous system static on command.

Cognitive Checkpoint

The intentional pause where you confirm instructions, expectations, and next steps before acting.

Context Switch Tax

The mental cost you pay each time you jump between unrelated tasks without a buffer.

Divergent Debrief

A reflective practice that captures what your unique brain learned from each project.

Dopamine Diet

Designing your day so there are steady hits of delight instead of one giant sugar rush.

Focus Flux

The natural ebb and flow of attention that you plan around instead of fighting against.

Glimmer Log

The record of small joys that reminds you your spark is still glowing.

Hyperfocus Haven

The space where deep immersion is supported, celebrated, and gently bounded by timers.

Idea Greenhouse

A nurturing environment that lets nascent concepts grow before the world sees them.

Inbox Zero-ish

The realistic state where most important messages are handled, and the rest are triaged with kindness.

Inspiration Ping

The sudden alert from your brain that it's time to capture a new possibility.

Learning Loop

The habit of reflecting on experiments, extracting lessons, and iterating with curiosity.

Micro Win Parade

A celebration of every tiny victory that trains your brain to notice progress.

Mindful Momentum

Moving forward with awareness of your energy instead of sprinting on autopilot.

Motivation Reservoir

The collection of quotes, playlists, memories, and encouragement you draw from on low-energy days.

Outcome Orbit

Keeping your eyes on the desired result while giving yourself freedom on how to get there.

Permission Pulse

A quick self-check that grants you grace to rest, reset, or experiment.

Planning Playground

A creative space for mapping possibilities without committing to them yet.

Post-It Panorama

The mural of notes that lets you visualize ideas spatially until they click.

Priority Mosaic

Arranging tasks of different sizes and colors so the full picture of your week makes sense.

Rest Reboot

A deliberate pause—nap, walk, meditation—that returns you to the work with a clearer mind.

Sensory Scaffolding

The supports you build to keep your sensory experience balanced in unpredictable environments.

Spark Catalog

An organized archive of past inspirations you can revisit when you need a jumpstart.

Task Alchemy

Transforming a mundane task by pairing it with music, movement, or meaning.

Thought Constellation

Mapping related ideas so you can see how they connect before choosing a direction.

Time Boxing Bonfire

A celebratory countdown that turns deadlines into energizing events instead of doom clocks.

Underwhelm Mode

Purposely dialing down inputs to give your senses and brain a reset.

Zephyr Break

A gentle pause—open window, fresh air, stretch—that breezes away mental static.

Zero Draft

The messy first pass where you let the idea exist without judgment, trusting you'll polish later.