

# 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.

## **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.

## **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.

## **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.

## **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 Capsule Planning**

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

## **Time Warp 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 /Event Horizon**

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.