

TOP 10 ADHD HACKS OF ALL TIME

1. Personal operations manual

Every ADHDer is their own individual. Keep track of what works for you in a digital or physical operations manual. This makes it easier for you to manage ADHD and to do better in life when you can access what works for you, so you don't have to start all over again. Saves you from emotional roller coasters, headaches, money, and time.

2. Create, implement, and maintain systems

In your operations manual, overtime you will create systems for all aspects of your life. Each area will have rules, items, behaviors, routines, people, blocks, encouragements, etc to help you increase satisfaction in that area of life and manage ADHD.

For example is waking up to an alarm, drinking the water next to you, brushing teeth and washing face, changing clothing, and

then walking the dog.

3 Simple life, Simple problems

The modern world creates many things to buy, see, feel, drink, eat, play, do, and forget. This overwhelms everyone and even more so for ADHDers. This abundance is not healthy or natural for any living being. Overtime try to eliminate, avoid, prevent, reduce, or combine tasks, items, people, noise, distraction, smells, and behaviors. This takes the stress off your mind and body, allowing for more happiness, health, and harmony.

For example, using a wallet phone case lets you carry and keep track of one less item.

4. Dopa Menu

God this is so boring. How can I make it not boring? Well, lets see whats on the menu. Create a Dopa (Dopamine Menu) so every time you are bored, unmotivated, or can not focus, you can pick a menu choice and act on it to create interest, energy, revitalization, and focus. Watch the How to ADHD's Youtube video for a fun fast free tutorial.

For example, doing an appetizer (revitalizing item) would be

jumping jacks before doing a task.

5. Emotional Library

Save events, items, people, sayings, pictures, music, behavior, etc into your memory or into physical/digital/sound cues that easily allow you to access an emotion in any situation. Doing so allows you to start and finish projects, make/keep good relationships, and feel confident about yourself.

For example, play or think of your favorite energizing song, before a speech.

6. Change your environment, change your life

Environments can make you feel good, bad, focused, distracted, overwhelmed, etc. Tweak the environment so you can feel calm, focus, safe, and energized.

For example, if you cannot focus at home, try the library. Even setting up different locations in a house helps focus on different tasks.

7. Delegate

We are all good at somethings and bad at others. Let someone else do what you are bad at or dislike, so you don't lose time,

money, and energy.

For example, Adam hates cleaning, so hires someone to clean once a week. He uses that free time to have fun with his friends.

8. Accountability

Humans used to hunt together and gather together for 99.99% of human existence. They kept each other focused and had a deadline to get enough food for the day.

Who can hold you accountable daily, weekly, or monthly?

Examples- ADHD coach, virtual assistant, mentor, or someone you trust.

What rewards and consequences can help you keep your promise?

Examples- money, lost of tv, date night, etc

9. Body Double

Many ADHDers work better with at least one partner. Do the same tasks or different tasks in the same room or by phone/zoom.

Find a fellow ADHDer, accountability partner, someone you know, someone on focusmate.com, an ADHD zoom accountability group, etc.

10. Daily Happy Time

Do something that makes you happy and is healthy daily. These behaviors use your strengths or just make you feel energetic and motivated. Schedule a time or divide it up throughout the day. Have trouble waking up to do something you hate? Try doing the happy time first thing in the morning.

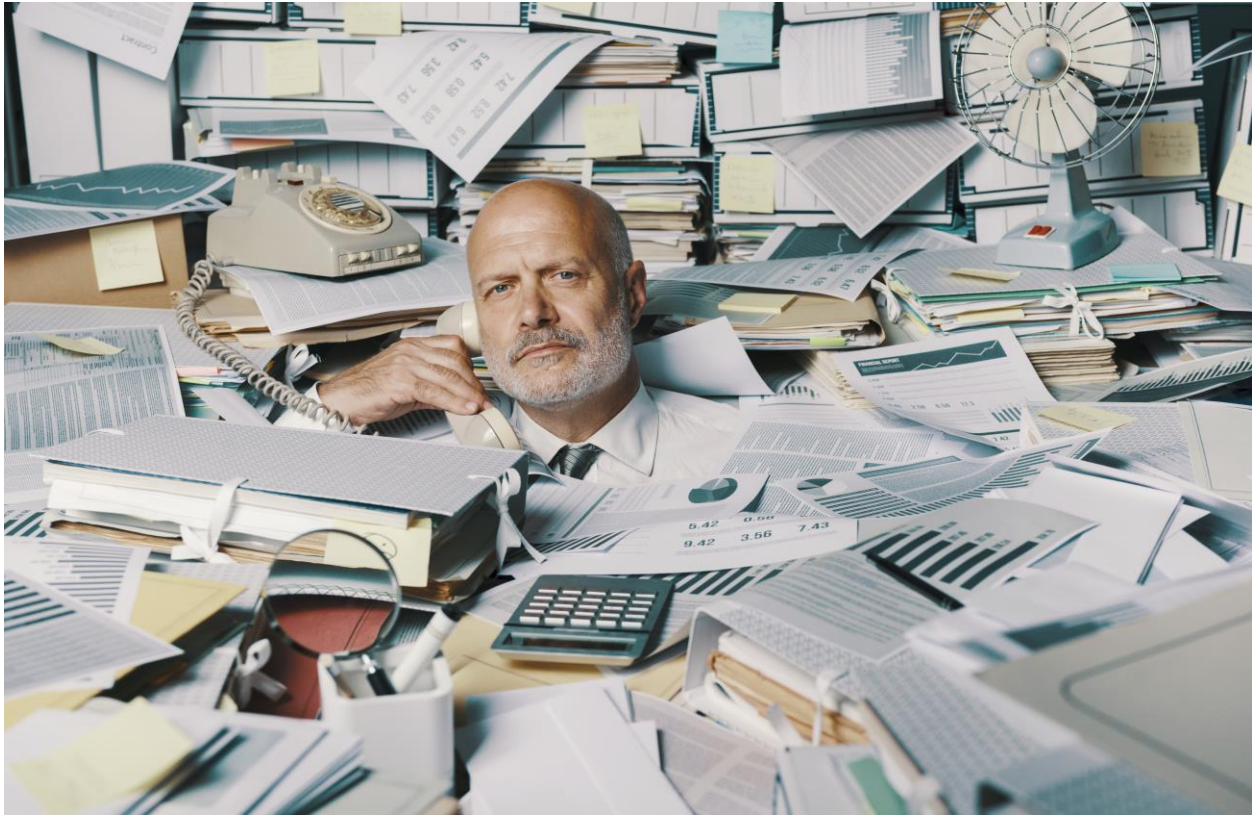
For example, dancing to your favorite song.

Bonus #11

Watch a video of a hunter hunting or gatherer gathering. It will likely make you focus just like it did for most of your ancestors. Try watching before a dreaded task.

Bonus #12

Watch an African Savannah/Safari video to relax. It will likely make you relax just like your ancestors did. Try watching it after a dreaded task.



Need Help?
Schedule a Free Consultation!
First Coaching Session is Free!

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