



Dr. K's Guide to Mental Health

ADHD Module | Ayurveda for Motivation | Worksheet

Reflect on your doshic style and better understand how you commonly react in different situations. **Highlight the bullet points that describe you.**

	 VATA WIND	 PITTA FIRE	 KAPHA EARTH
 Daily Rhythm	<ul style="list-style-type: none">• Dynamic & fast• Starts out strong and gets bursts of motivation• Gets easily disrupted• Low stamina but may experience second winds	<ul style="list-style-type: none">• Steady & focused• Steadily picks up the pace• Decent stamina and can work long hours• Working extensive hours may lead to burnout	<ul style="list-style-type: none">• Slow & methodical• Starts slow, but can work long hours• Strong stamina• Can also sustain high levels of work for extended periods
 Long Term Career	<ul style="list-style-type: none">• Motivated with more dynamic routine• Has shifting interests	<ul style="list-style-type: none">• Interested in growth and progression	<ul style="list-style-type: none">• Will often stay at one place for extended periods of time• Very good in roles where there is natural momentum
 Motivation Pitfalls	<ul style="list-style-type: none">• Troubles with follow through• Gets bored easily• Loss of motivation if work is not stimulating enough	<ul style="list-style-type: none">• Prone to burnout• Prone to interpersonal conflict which tanks motivation	<ul style="list-style-type: none">• Motivated to do the same thing instead of change• Tends not to strongly advocate for themselves





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According to your unique doshic style of motivation and considering the motivation pitfalls you encounter, **brainstorm ideas** on how you can structure your life to fit your motivation style.



|||| Daily Rhythm

- What time of day can I schedule important tasks?
- How long should I work on a specific task for in a day?
- How many breaks should I take?



Long Term Career

- How can you structure the types of work you do and how you do it to fit your motivation style?



Motivation Pitfalls

- What ways can you structure your goals to help increase your motivation?
- How can you avoid your common pitfalls?

