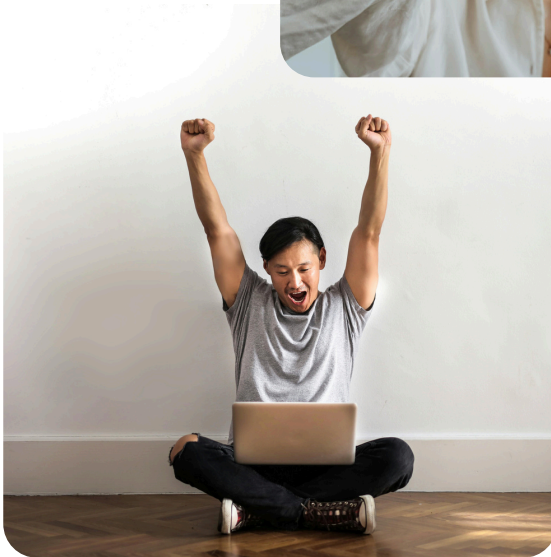


HOW TO SET ADHD-FRIENDLY GOALS WITH THE GOAL SETTING STACK™

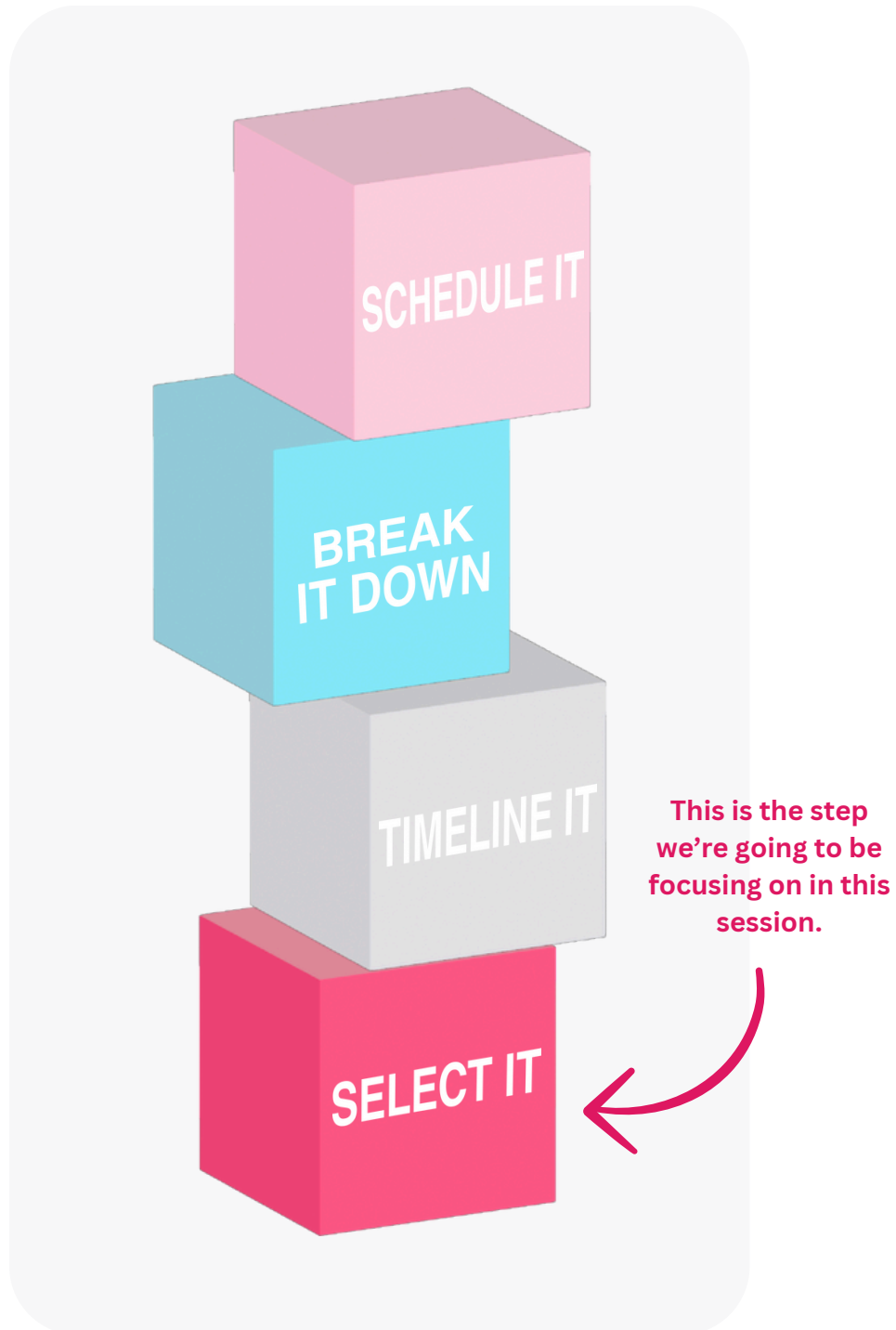


by Unconventional Organisation



The Goal Setting Stack™

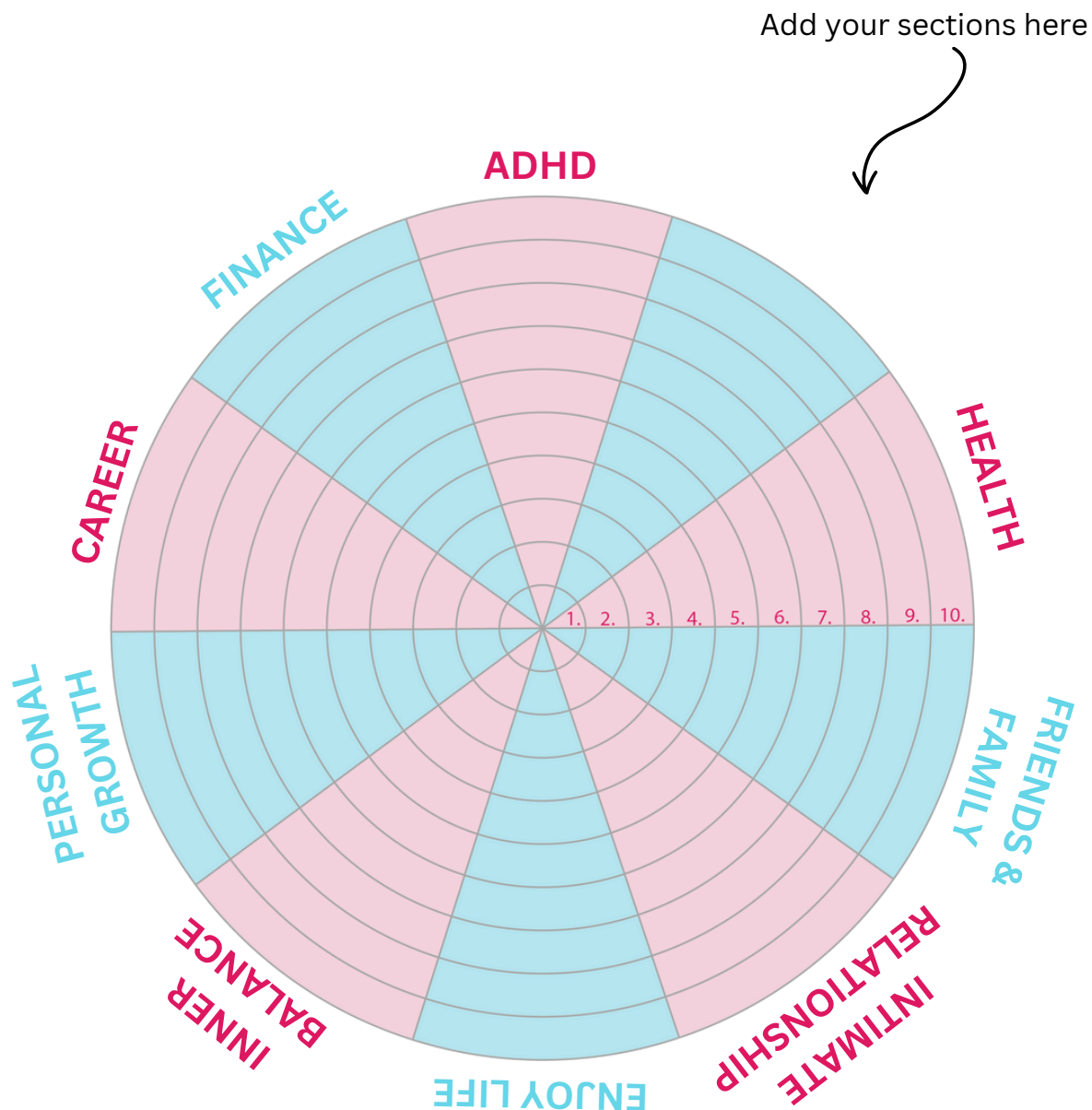
When setting up goals with ADHD there are so many steps to consider!



1st Step: Select it

Wheel of Life:

Rate each area from 0 to 10 based on how satisfied you are with each area.
0 - very unsatisfied, 10 - very satisfied.



Five Year Mental Model

Take a moment and imagine your dream scenario five years from now.

1 **Where are you?** Visualise your surroundings.



2 **What does your workspace look like?**



3 **What are you doing right now?** How do you feel about the tasks at hand? Are they challenging and motivating or draining and mundane?



4 **Who are you with?** Are you with others or working independently? Who are you surrounded by?



5 **How do you feel about that life?**



Now take a moment & note down all the things you would need to do to reach your five-year scenario.

Don't hold yourself back or worry about the how. Just write a stream of consciousness.



Now look at all the things in that brainstorm. How do you feel about them? Take a minute to write it down.



Did you notice any negative feelings come up? Perhaps self-doubt or self-criticism? **That's perfectly okay & normal.**

In fact, research indicates that self-criticism can be a particular **struggle for those of us with ADHD [1].**

This is important to remember because self-criticism can make it harder for us to identify and work on goals.

Research Recap:

1. Beaton, D. M., Sirois, F., & Milne, E. (2020). Self-compassion and perceived criticism in adults with attention deficit hyperactivity disorder (ADHD). *Mindfulness*, 11, 2506-2518.



It can be easy to get to a point where you're going to set up your goals and think:



I've failed to achieve them before,
so why bother now?

Sometimes we can even find ourselves thinking:



This goal is too small to be important,
I bet other people have bigger
goals they can achieve!



This is exactly why I put this section here. Before you set out your goals it's important to **acknowledge that negative self-talk and self-criticism can be a struggle**. But even if your brain might work a bit differently from those around you, that doesn't mean you can't achieve them.

It just means you might need to do them **in ways built for your brain** (which is what we'll teach you)!

So keep that in mind as you go through the next sections & don't forget to **share any struggles with our community**.

Everyone is going through the same thing!



My Goals

Take a minute... Take a breath...

And write them down...

You got this!



1



2



3



YOU'VE DONE IT!

You've outlined your vision, embraced your feelings (good and bad) and identified your goals. Give yourself a big pat on the back for choosing something that will move you closer to your vision.



One of the things we know from the research is that external sources of dopamine are important for us! So go ahead and choose an option below.

Circle which dopamine option you chose.



Read a book/article



Grab a cookie/snack



Listen to music/podcast



Pet an animal



Watch a video/show



Make a beverage



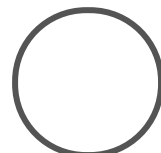
Go for a walk



Draw or colour



Use a fidget toy



Add your own here



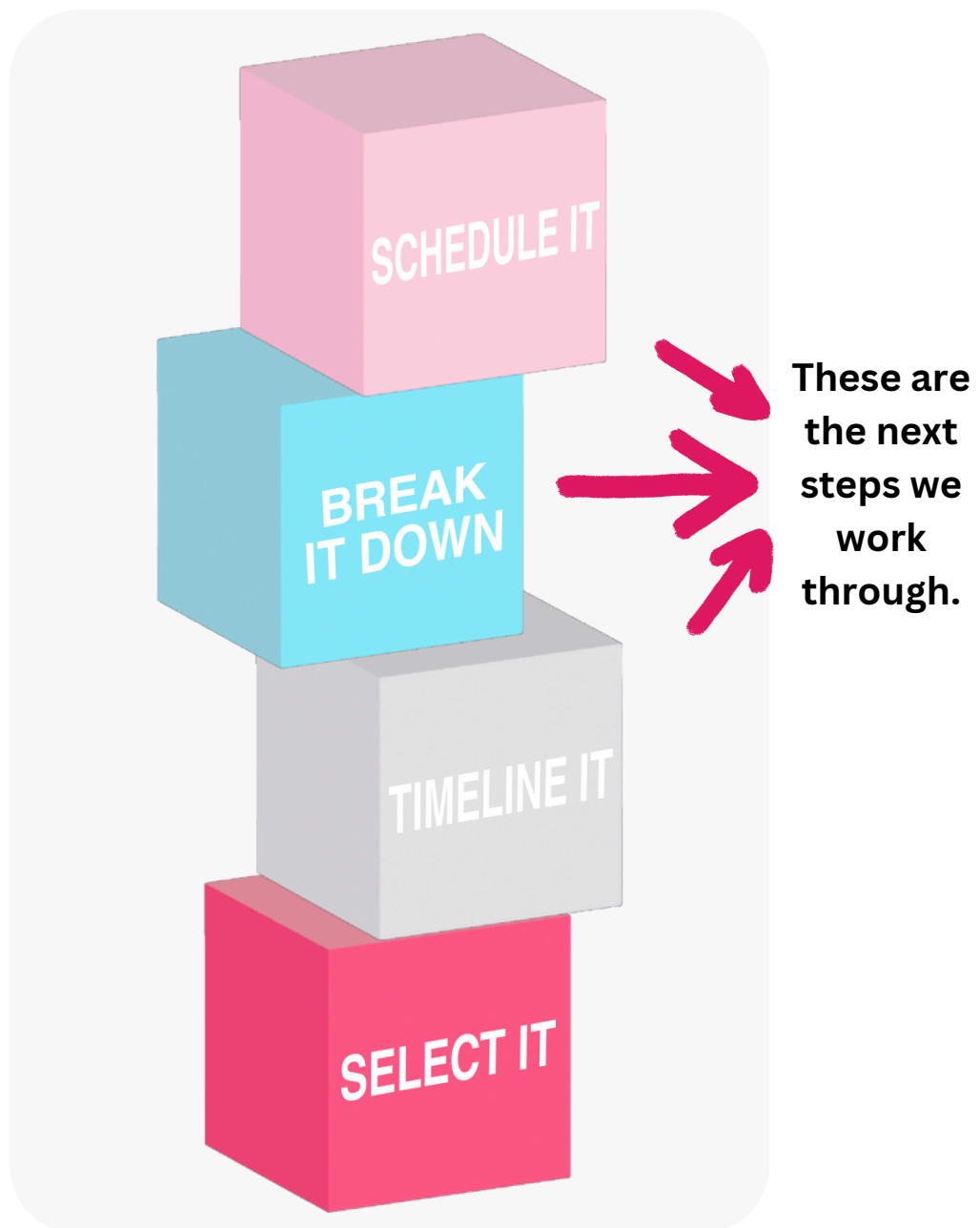
So Whats Next?

At this point you might be thinking. Okay I have my goals.

Now what the heck do I do with them?!

And you've be right to ask!

Breaking down and following through with our goals also requires a number of ADHD strategies.



Thanks so much for **starting this journey with me!**

I know how hard it can be, so I really appreciate you **working through self-criticism** and trusting our process.

Remember, this is just the beginning! Now that you have your goals; it's time to **break them down and set them up in an ADHD-friendly way** that gets you **focused, proactive, and consistent.**

If you'd like a **free 3-step plan that will help you break down, timeline,** and set up your goals in a way that helps you reach them, [click here](#) to schedule your free focus session with me.



**Good luck, and
wishing you lots of
dopamine!**

Skye

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