The ADHD Trifecta

Concept Map

High

Interest

Looming

Disaster

High Interest

Start with fun or talents. Be curious. Micro-change for novelty. Reward yourself.

Looming Disaster

Schedule fake deadlines.

Make a challenge.

Set timers.

Log progress.

High Interest + Other People Looming Disaster + Other People

Other People

Announce intentions.
Enlist a buddy.
Get accountability partners.
Delegate.