



# MOTIVATORS

ADHD brains are motivated differently. Understanding the 4 ADHD motivational factors can help us develop effective strategies for motivation.

## INTEREST

### Strategies:



- deep individual exploration
- curiosity, details, exploration
- link to passions and values
- do your own research, adapt what works

## COMPETITION & CONNECTION

### Strategies:

- gamify tasks
- connect with peers & community
- reward self, celebrate success
- accountability, partnerships & body doubling



## PRESSURE

### Strategies:



- natural and/or created deadlines
- create external consequences
- connect with future self
- use friends and technology

## NOVELTY

### Strategies:

- individualize best fit in process and outcome
- allow for creativity and autonomy
- discover uniqueness in the mundane
- consider new perspectives and worldviews

