

BRAIN ADVENTURE GROUP

Week 2: Goals and Planning to GET STUFF DONE!

Video to Watch: "How to get stuff done when you have ADHD" on the YouTube channel, How To ADHD

1. **Planning:** STOP, THINK, EVALUATE, and RECORD what you need to do... planning helps us improve focus.
 - Future Glasses: Put these on every night before bed so you are prepared for tomorrow.
 - WHAT WILL IT LOOK LIKE WHEN YOU ARE DONE???
 - Do you have your computer charged?
 - Do you have your homework done?
 - Talk with your family and/or ask yourself, "What does tomorrow look like?"
2. **Goals:** Something to work toward. If you can state it or write it each night before that next day, you are already *planning* for tomorrow! Goals and Planning mean you need to be able to *GET STUFF DONE*. This can be so hard!
 - WHAT IS A GOAL YOU WILL WORK ON? START EASY SO YOU ARE SUCCESSFUL... THEN INCREASE THE CHALLENGE. Choose one or write your own:

--Complete _____ missing assignment(s) and/or all my homework tonight
--Focus for a set amount of time _____ and then reward myself for _____ minutes (see Pomodoro)
--Other:

- HOW ARE YOU GOING TO GET THIS DONE? Think of a motivator or reward *before* you start working

Circle one or write your own:

--Ask a friend/family to check on you in 10 minutes to see how much you got done
--Have a cat, dog, person, or anything else sit beside you so you can stay focused
--Make a list, use a timer (see Pomodoro below)
Other:

3. **Pomodoro Technique-** This helps with productivity and focus. Set a timer for one pomodoro (usually 25 minutes) then focus *ONLY* on your goal for that time period. Give yourself a 5-minute break. See how many Pomodoros you can do... challenge yourself to do more each time. Answers the questions in the box below:

--What will you do for fun when the timer goes off?

--How long do you want to try to focus without stopping?

- 5 min
- 10 minutes
- 25 minutes
- Other?

How many Pomodoros can you do?

GOAL MAPS

Maps help you get places so try this out to see if you can get to your goal with more success!

What do you want to do (your goal)	Why is this goal important?
What GOOD comes from achieving this goal?	What BAD comes from not reaching your goal?
What do you need to do to complete this goal?	What obstacles might get in the way of you reaching your goal?

TOP STRATEGIES

1. Have someone/something (pet) in the same room as you work- this increases accountability and can help you regulate
2. Use a timer or the Pomodoro technique and make sure your reward is motivating
3. Try to focus on ONE thing: multi-tasking actually means we get less done because we have to keep shifting which makes it hard to complete anything
4. Create cues or use tools at the POINT OF PERFORMANCE. This means you have everything you need to complete your goal right in your immediate and visual space- when you go to find something you need, distractions can take over and you may never complete what you set out to do.
5. Remember: Get Ready... DO....Done and prepare for your “execution” by planning backwards. Start by thinking of the done (what you want to do at the end) then visualize your DOING, and then plan what you need to get ready. When you are ready to start, you will do the opposite: get everything you need to be ready, DO, then you get the reward or DONE time!
6. Movement and exercise increase endorphins (feel good neurotransmitters) norepinephrine (enhances attention and cognitive function) and dopamine (motivates you to DO). Research also shows it increases BDNF which increases brain growth, and influences learning, brain plasticity and memory!