

BRAIN ADVENTURE GROUP

Week 3: Motivation

Video to Watch: "ADHD and Motivation" on the YouTube channel, [How To ADHD](#)

Motivation: ADHD is a motivation deficit disorder

The importance of something doesn't help us get it done, despite the effort we put in

Some people in our world don't know how hard it is for us... they might think we are lazy, or don't care

Why can't we do what we need to????

- Do you have difficulty with lengthy, repetitive or boring things?

How do we get more planks to fix motivation bridge?

Do you do well when things are urgent, new or interesting?

- **Make it Urgent:** Procrastination is a sense of urgency we create... but it can create problems too!
 - **Create artificial deadline**
 - **Accountability (checking in with someone)**
 - **Use a visual (calendar that shows what you have to do and when)**
 - **Timer (challenge yourself to do something faster than the timer)**
- **Make it New:**
 - **New environment (create a space to do your work that is different)**
 - **Find a new way to do something (on your stomach, with your cat, dictating not writing)**
 - **Add in sensory things (flavors, smells, colors)**
 - **Create games and challenge yourself or make it weird**
- **Make it Interesting:**
 - **Personally invested-** ask your teacher if you can use a topic that is interesting to you
 - **Do it differently-** dictate, have a yummy drink or snack, use smelly pencils
 - **Make something about the task more interesting or fun-** turn on music, chunk the time you work on something with a reward for when you are done
 - **Avoid places/tasks that have distractions-** don't sit near a chatty friend, work in different space at home (in the kitchen while someone is making dinner)
 - **Use rewards-** make them immediate and with timed breaks so you can get back to work

HOW ARE YOU GOING TO MAKE IT URGENT, INTERESTING OR NEW? Choose or write your own:

-Decide how much work you will do (5 problems etc) and see if you can do it in _____minutes

-Ask a friend/family to check on you in _____minutes to see how much you got done

-Have a cat, dog, person, or anything else sit beside you so you can stay focused

-Create a space to work in that is different. What will you change?

Lighting, smell, music, location: where_____

-Exercise or take a walk outside before you start working

-Make it a game or fun

-Other:

- **Timer:**
 - **WHAT FUN THING WILL YOU DO AFTER THE TIMER GOES OFF?**
 - **HOW LONG WILL YOU SET THE TIMER FOR?**
 - **HOW MANY PROBLEMS WILL YOU DO OR WHAT IS THE GOAL?**

HOW DID IT WORK?

Talk it out with a parent/coach/teacher.... Make a different plan if it didn't go as you thought it might. Try to get creative with your ideas- You've got this!

What was your goal or task? _____

How did you change it up? _____

Did you make it:

○ Urgent? _____

○ New? _____

○ Interesting? _____

WHAT WILL YOU DO FOR TOMORROW?

Make a plan for something to do next and base your ideas on how things went today. You are the expert of your system so your adult is only a guide for ideas, accountability and support- YOU are in control of this!

What is your goal or task? _____

How will you change it up? _____

How will you make it:

○ Urgent? _____

○ New? _____

○ Interesting? _____