

# ADHD Awareness

## Goal Setting

- Struggle with waiting for delayed rewards
- May give up if a goal is not challenging or too demanding
- A goal is inconsistent with ambitions, aspirations, values or belief
- May be difficult to achieve
- Too many options/choices
- Too much information to consider
- Strengths not identified or aligned with goal

## Helpful Tips!

- Set realistic & achievable goals
- Set short term-high interest goals
- Consider learning a skill that can be quickly accomplished
- Begin with an existing timeline to develop the habit (a class with an established start and end date)
- Focus on the journey/process, not the destination or end game

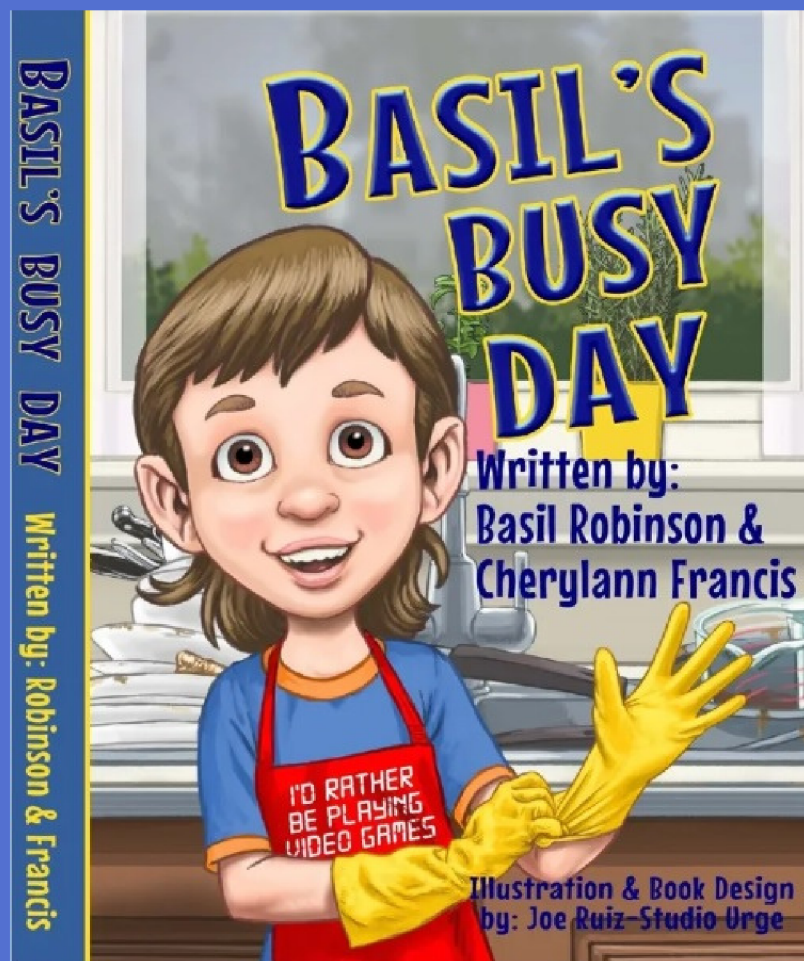


## How to Support

- Educate yourself about the challenges people with ADHD experience
- Help to make goals as specific as possible showing clear & visible steps for accomplishing
- Break down a goal into shorter reward increments

# Basil's Busy Day

This book can be used to initiate discussion on motivation, distractibility, time management, procrastination as a compensation strategy, and the desire to engage in more seemingly interesting activities.



[www.joelthepeacock.com](http://www.joelthepeacock.com)