

## MINDFULNESS OF INTENTION FOR ADHD

### Setting Intention

**Decide what your intention is. Ask yourself, “What do I want/need to do?”**

To understand why you are setting a particular intention, ask yourself:

- What am I trying to accomplish?
- Why am I doing this?
- What is the purpose?
- Why do I want this?
- What is my objective?

### Examples for ADHD:

**Set your intention to pay attention to something in particular.** (Ex. homework)

- Ask: Why do this?
  - To be able to stay focused
  - Reduce daydreaming
  - Avoid distraction
  - Stay more organized
  - Finish tasks
  - Get homework done on time
  - Rewire my brain to pay attention more easily

**Set your intention to sit still for longer peoples of time without getting up.**

- Ask: What is the purpose of this?
  - Reduce hyperactivity and sit still when I need to
  - Reduce distraction
  - Enjoy a whole movie without getting up
  - Sit still in class without feeling antsy
  - Get work done more quickly
  - Stop fidgeting - which annoys my teachers