

How to Improve
Your Focus
and
Get Stuff Done

A PUBLICATION OF :





How to Improve Your Focus and Get Stuff Done

WELCOME!

This guide highlights 5 areas in our lives where our energy gets zapped and we don't even know it. As a parent raising a child with ADD/ADHD, I get how frustratingly wonderful it can be to get through each and every day. It is my personal experiences that brought me to the profession of Coaching, specifically, ADHD Coaching.

Over the years, I've watched other family members and friends beat themselves up for not being able to do things like everyone else. What's seems so easy for everyone else can be tough for those with ADD/ADHD.

I've shared with family and friends, and now here with you, the small tweaks we've made to bring more calm and focus to our lives. See what works for you!

- When our energy is low and misplaced it challenges our ability to focus and get things done every single day.
- Our habits in each of these places may not be serving us well.
- You're right, habits are hard to break.
- So instead of thinking of change as breaking a habit, think of it as creating a new healthy habit.
- The habits not working for you will fade into the background and become a distant memory.
- Try only one or two of the strategies here. Customize it to work for you. Focus on the area where you've wanted to make a change but didn't know where to start.
- Start small. Be consistent. Pay attention to why it does or doesn't work for you. Notice how the changes you've made effect your focus and productivity.



How to Improve Your Focus and Get Stuff Done

#1 THE PANTRY

FOOD FUELS THE BRAIN. SWAP BRAIN NUMBING FOOD FOR BRAIN HEALTHY FOOD.

- EAT EARLY, EAT OFTEN.
- FUEL UP, WHEN YOU GET UP! START WITH A GLASS OF WARM LEMON WATER & A HEALTHY PROTEIN.
- DON'T WAIT UNTIL YOU'RE FAMISHED TO EAT.. HUNGER IS THE NUMBER ONE DISTRACTION THAT GETS IGNORED THE MOST. FUEL YOUR BRAIN WITH HEALTHY SNACKS AND GET BACK ON TASK.
- EAT MINDFULLY. TURN OFF THE TV, GET OFF YOUR COMPUTER, DON'T READ. SIMPLY EAT.

OUT WITH THE WHITE STUFF AND IN WITH THE PROTEIN.

PROTEIN BOOSTS ATTENTION AND CALMS HYPERACTIVITY. THERE ARE SO MANY WAYS TO GET PROTEIN THESE DAYS. IT'S NOT JUST STEAK AND EGGS ANYMORE.

FRONT LOAD YOUR SNACKS & MEALS WITH PROTEIN. GOOD FORMS OF PROTEIN ARE: EGGS, PASTURE RAISED CHICKEN, GRASS FED BEEF, TEMPEH, QUINOA, NUTS, SEEDS, BEANS, LENTILS AND LEGUMES.

CHOOSE TO STOP THE QUICK ENERGY AND BIG CRASHES FROM SUGAR. DITCH ANYTHING WHITE. SUGAR, RICE, BREAD. REPLACE WITH FRESH FRUIT, BROWN RICE, WHOLE GRAINS.



How to Improve Your Focus and Get Stuff Done

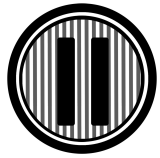
#2 THE BEDROOM

OUR 24 HOUR BODY CLOCK, CAN CHANGE DEPENDING ON THE FOOD WE EAT, WHEN WE EAT, EXERCISE, LIGHT EXPOSURE, AND OTHER EXTERNAL STIMULI.

- Just when everyone else is ready to call it a day you get another burst of energy.
- Not being able to fall asleep at night and not being able to stay awake during the day, all too common for ADDer's.
- Too little sleep makes ADHD symptoms more intense.

MANAGE THE "NIGHT OWL" IN YOU.

- **TURN OFF ALL BLUE SCREENS; CELL PHONES, TABLETS, TV'S AT LEAST ONE HOUR BEFORE BED.**
- **HAVE A SLEEP SCHEDULE. GO TO BED AT THE SAME TIME EVERY NIGHT AND GET UP AT THE SAME TIME EVERY MORNING – EVEN ON THE WEEKENDS. YOUR BRAIN WILL EVENTUALLY MAKE AN IMPRINT OF THIS ROUTINE. IT TAKES TIME AND CONSISTENCY.**
- **DE-CLUTTER YOUR ROOM SO YOU'RE NOT STIMULATED VISUALLY BY ALL THE "STUFF".**
- **PUT POST-ITS AND PENS ON YOUR NIGHTSTAND. WHEN THOUGHTS OF TOMORROW'S TO-DO'S START FLITTING IN YOUR HEAD, WRITE IT DOWN. CLEAR YOUR MIND OF THE CLUTTER.**



How to Improve Your Focus and Get Stuff Done

#3 THE COUCH

EXERCISE IMPROVES BRAIN PERFORMANCE INCLUDING IMPROVED ATTENTION, TIMING, AND SEQUENCING.

- Don't get sucked into the couch vortex! What is your couch pointed at? Most likely the TV. A comfy couch and mind-numbing TV is too much for most of us to resist. Get moving!
- Exercise helps fend off some of those pesky ADHD stressors.

KEEP IT SIMPLE:

REARRANGE YOUR FURNITURE. YES, THE COUCH. PUT A NOT SO COMFY CHAIR IN FRONT OF THE TV.

WALK! OUR BRAINS TEND TO SHRINK AS WE AGE, JUST LIKE A PIECE OF FRUIT ON THE COUNTER. KEEP YOUR BRAIN PLUMP AND YOUNG JUST BY WALKING ABOUT A MILE A DAY.

SET A GOAL. USE A PEDOMETER TO TRACK HOW MANY STEPS YOU TAKE EACH DAY.



How to Improve Your Focus and Get Stuff Done

#4 THE CHECKBOOK

THE BORING TASK OF MANAGING MONEY CAN BE AN ADDER'S WORST NIGHTMARE.

- Even those who don't know they have ADD/ADHD find ways to give their brain the stimulation it needs. They may not even be aware this is what they are doing. This is a coping mechanism or a form of self-medicating.
- Impulsive shopping is one way ADDer's self-medicate. The chemical rush of instant gratification stimulates the brain.

TAME YOUR IMPULSES AND YOU'LL START TO NOTICE THE BALANCE IN YOUR CHECKBOOK GROWING!

MAKE A LIST BEFORE YOU GO SHOPPING. IF IT ISN'T ON YOUR LIST, DO NOT BUY IT -- EVEN IF IT'S A STICK OF GUM. NOTICE HOW STORES PUT CHEAPER IMPULSE BUYS LIKE CANDY AND GADGETS WHERE YOU LINGER IN LINE AT CHECKOUT.

LEAVE YOUR CREDIT CARDS HOME. TAKE CASH WITH YOU. THIS WILL BUST UP YOUR OVERSPENDING IN A HURRY.

IF YOU SEE THAT ONE THING YOU JUST HAVE TO HAVE RIGHT NOW, DON'T BUY IT. EVEN IF IT'S ON SALE OR IT'S THE LAST ONE OF IT'S KIND. GO HOME AND IF YOU STILL WANT IT 24 HOURS LATER GO GET IT. ADDER'S WILL MOST LIKELY JUST FORGET ABOUT IT.

NOW THAT'S USING YOUR ADD TO YOUR ADVANTAGE!



How to Improve Your Focus and Get Stuff Done

#5 THE SCREENS

They steal precious time, keeps us up until the wee hours, and distracts us from getting stuff

WATCH OUT FOR “OBSESSION.”

- IT’S EASY FOR ANYONE, BUT ESPECIALLY ADDER’S TO GET “HYPER-FOCUSED” ON ELECTRONICS.
- PEOPLE SPEND A RIDICULOUS AMOUNT OF TIME IN FRONT OF ELECTRONIC SCREENS – NOT JUST TV SCREENS – BUT LAPTOPS, TABLETS, SMARTPHONES, VIDEO GAMES.
- GETTING RID OF THESE GADGETS ISN’T PRACTICAL. WE NEED THEM TO WORK, STAY ORGANIZED, AND HAVE A BIT OF FUN.

WHAT ARE YOU TO DO?

SET TIME LIMITS BEFORE GETTING ON DEVICE, 20 MINUTES IS REASONABLE. WHEN TIMER SOUNDS, PUT THE DEVICE DOWN AND GO FOR A WALK OR GRAB A GLASS OF WATER.

PLAN AN ELECTRONIC FREE FAMILY NIGHT. COOK DINNER TOGETHER. PLAY CARD GAMES. SHOOT SOME HOOPS. READ A BOOK.

GIVE SOCIAL MEDIA A SHAKE DOWN

WRITE DOWN YOUR INTENTIONS. “30 MINUTES ON FACEBOOK – WRITE 2 POSTS AND CHECK NOTIFICATIONS FROM MY FACEBOOK ADHD SUPPORT GROUP.” SET TIMER. TIMER GOES OFF YOU STOP AND CLOSE FACEBOOK EVEN IF YOU’RE NOT DONE. NOW STOP AND THINK WHY YOU AREN’T DONE. DID YOU GET DISTRACTED IN THE NEWSFEED? YOU’LL DO BETTER NEXT TIME.



How to Improve Your Focus and Get Stuff Done

A Personal Invitation from Carlene

As an ADHD Coach my mission is to show families how ADHD is really impacting their family, to break the fail-and-punish cycle, and to embrace each other's differences. I work with people of all ages who are ready to move past their ADD/ADHD challenges, feel more confident, and experience success.

I'm inviting you to join me for a confidential complimentary Clarity Consult.

This is a **risk free** way to explore if ADHD Coaching is right for you.

In this **25 minute phone session**, you'll learn more about me and my my services.

I'll get a sense for who you are and honestly share with you if I think **you would benefit** from my coaching.

Together we'll decide if we're a good fit and what **next steps** make sense for you.

If any of the following ring true for you, partnering with an ADD/ADHD Coach can help.

- Are you a tired, exhausted parent who just can't get your kid to do what needs to get done?
- Are you a young adult who has gone off to college and realized you have no concept of time because it's always been managed for you?
- Are you a tween or teen who feels like no matter what you do it's never good enough so why bother trying?
- Are you an adult who hops from job to job because you get bored or the schedule really stinks for you?
- Do you struggle with relationships be it friends, family or spouse/partner?
- Have you always felt "different" but just couldn't put your finger on what was going on?
- Are you struggling with the knowledge that you have ADHD? Unsure of what it means? What are you supposed to do now?

Why work with ADHD Coach and not just any life coach?

Working with a Coach who understands ADD/ADHD can help you achieve what you want, faster and easier than doing it on your own.

[Click Here to Schedule your Clarity Consult](#)