



## Minds Matter ADHD Coaching

### Signs you're using neurotypical systems with an ADHD brain – Checklist

Read through the list and check anything that feels familiar.

If you're checking *a lot* of these, it's not a failure—it's a mismatch.

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#### Time & Planning

- ☐ You create detailed plans but rarely follow them
  - ☐ You underestimate how long things take—even when you “know better”
  - ☐ You plan for an ideal day instead of a realistic one
  - ☐ Deadlines only feel real when they're urgent or last-minute
  - ☐ You forget tasks exist unless you can see them
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#### Tools & Systems

- ☐ You've tried multiple planners, apps, or systems that worked briefly—then stopped
  - ☐ Your system requires you to remember to check it
  - ☐ You restart your productivity setup over and over
  - ☐ Your system falls apart when life gets busy or emotional
  - ☐ You feel guilty for not “keeping up” with your tools
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#### Routines & Consistency

- ☐ Rigid routines feel great at first... then suddenly unbearable
- ☐ You struggle to do things at the same time every day
- ☐ Missing one day makes you want to quit entirely
- ☐ You feel like consistency is something other people can do—but you can't
- ☐ You rely on motivation instead of support

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## Focus & Follow-Through

- ☐ You know *what* to do but can't make yourself start
  - ☐ Small tasks feel weirdly overwhelming
  - ☐ You wait to “feel ready” before beginning
  - ☐ You struggle with boring or repetitive tasks—even important ones
  - ☐ You beat yourself up for procrastinating
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## Emotional Impact

- ☐ You feel lazy, broken, or behind—even though you try hard
  - ☐ Productivity advice makes you feel worse, not better
  - ☐ You push yourself through shame or pressure
  - ☐ You're exhausted from constantly starting over
  - ☐ You feel like you're the problem
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## If You Checked Several of These...

You're not failing at productivity.

You're trying to use **neurotypical systems** with an **ADHD brain**—and that mismatch creates frustration, burnout, and self-doubt.

ADHD brains don't need more discipline.

They need **different structures**, **external support**, and **flexibility**.

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## What Helps Instead

ADHD-friendly systems:

- work with energy, not against it
- don't rely on memory alone
- include accountability and support
- adjust when things stop working
- reduce shame instead of creating more

This is exactly what ADHD coaching is designed to support.