



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.

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

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

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

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

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

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**.

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.