

ADHD is a Superpower! Believe it and Change our World!

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(Website & Blog coming soon)

What is something you do differently than most people? What stood out to you from what you heard others share?

ADHD is not a disability, it's a _____

ADHD is not a disorder, it's a _____

ADHD is not a disease, it's a _____

What are examples of Kryptonite (weaknesses) for an ADHD Brain?

RIGHT CONTEXT, RIGHT ENVIRONMENT!

ADHD Superpowers

Laser Hyper-Focus	Virtuous	Tenacious	Intuitive
Abundant Creativity	Empathetic	Sense of humor	Risk-Taker
Endless Energy	Passionate	Entertaining	Resilient
Entrepreneur	Instinctive	Compassion	Hyper-Awareness
Courageous	Multitasker	Innovative	
Adventurer	Ingenuity	Problem Solver	

Superpower of _____

Superpower of _____

Superpower of _____

Always Remember...

1. ADHD is a Superpower — _____
2. It's a Positive, _____, and a Bonus!
3. You're not alone. Many of the _____ and _____ in the world have ADHD.
4. Work hard to remain your own _____! Find others that remind you of your value.
5. We _____ — and that's valuable

My Top 10 for a Super Day!

1. *Pray, Practice Gratitude, & Meditate* — BEST START & END TO A DAY!
2. *WRITE EVERYTHING DOWN... You will forget!*
 - Having a digital brain for everything! — Bear, Evernote, iOS Notes
3. *Use a Password Manager = More Efficient, Less Stress, Peace of Mind*
 - 1Password, LastPass, etc.
4. *Turn OFF your notifications for ALL of your apps*
 - with exception of calendar or reminder app
5. *Find and Use a Reminders and To Do List App*
 - Checking your To Do List throughout your day is key, and keep it simple!
6. *Eat Real Food & Sleep Well*
 - Create a Healthy Breakfast Ritual
 - ADHD is magnified by a lack of sleep
7. *Double your time!*
 - meaning the amount of time you think you need to do ANYTHING
8. *Exercise*
 - Studies have proven that moving is vital for an ADHD brain to thrive!
9. *Find Focus Music*
 - Preferably no lyrics, ex: classical music or Focus@Will music service, this helps get into a state of flow
10. *Live by your Calendar & Schedule ALL Commitments*

Other Super Habits

- * *Be early always — less stress and happier you*
- * *Have a deadline for everything*
- * *Ask three questions about the other person before you start any conversation (Credit to Peter Shankman)*
- * *Prepare and Plan Ahead for the next day/week*
- * *Get into your “Flow” by grouping like tasks & projects together, rather than switching between projects*
- * *Frequent Dopamine breaks — doing something completely different for 5 minutes (Credit to Peter Shankman)*
- * *Eliminate Choice whenever possible (ex. lay out your clothes the night before)*
- * *Simplify your environment*
- * *Find yourself a Coach!*
- * *Learn about and remind yourself of your Strengths (EX: Fascination profile, 16 personalities, Strengths Finder, etc)*