

# ADULT ADHD

## *THRIVING EVERYDAY*

Practical Tools and Strategies to Help  
Adults with ADHD Find Focus,  
Balance, and Success in Everyday Life

**EBOOK + WORKBOOK**



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ADHD

The image shows the letters 'ADHD' in a light-colored wood-grain material, standing upright on a blue, textured surface. To the left of the letters, there are several white, round pills, some of which are scattered on the surface. The background is a blurred, bright indoor setting with vertical light patterns, possibly from a window or a lamp.



# Introduction

Living with ADHD as an adult can often feel overwhelming. The fast-paced nature of modern life, combined with the challenges of focus, organization, and emotional regulation, can make everyday tasks feel like insurmountable obstacles. But what if ADHD didn't have to hold you back? What if, instead, you could learn how to harness the unique strengths of your ADHD brain to not only manage daily life but to thrive in it? This ebook is here to show you how to turn your challenges into opportunities for growth.

In "Adult ADHD, Thriving Everyday" we'll explore practical strategies and techniques that will help you regain control over your focus, time, and energy. Whether it's creating structures that work for you, learning how to stay grounded amidst distractions, or discovering how to manage impulsivity, this book provides the tools you need to create positive change in your life. We'll also dive into the unique strengths of ADHD—creativity, resilience, and problem-solving—and show you how to leverage these traits as superpowers that can propel you toward success.

The journey won't always be easy, but with a mix of self-compassion, practical tools, and a growth mindset, you can transform the way you live with ADHD. By embracing your unique brain and working with it, rather than against it, you'll find that thriving with ADHD is not only possible—it's empowering.

***You are not alone in this journey.***

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**“ADHD IS A SUPERPOWER. ONCE YOU  
FIGURE OUT HOW TO USE IT, YOU CAN  
ACCOMPLISH INCREDIBLE THINGS.”**

**-Justin Timberlake**



**“I HAVE ADHD, AND  
I THINK THAT’S A  
GIFT. IT GIVES ME  
THE ENERGY TO DO  
THE THINGS I  
LOVE.” — WILL.I.AM**

# Chapter One

## Chapter 1: Embracing the Unique You



ADHD, or Attention-Deficit/Hyperactivity Disorder, is often misunderstood, and many adults living with it struggle with feelings of inadequacy or frustration. This chapter aims to shed light on what ADHD really is and how it manifests in adulthood. Understanding ADHD is the first step toward embracing the unique traits that come with it, which can ultimately lead to a more fulfilling and productive life.

ADHD is characterized by a combination of persistent problems, such as difficulty paying attention, hyperactivity, and impulsive behavior. For many adults, these symptoms can manifest in various ways: disorganization at work, trouble meeting deadlines, forgetfulness, and difficulty managing time. It's important to recognize that ADHD does not merely signify a lack of focus; it can also bring creativity, enthusiasm, and an ability to think outside the box. Many successful individuals, including entrepreneurs, artists, and innovators, have ADHD and have learned to channel their traits into their passions and careers.

One key aspect of understanding ADHD is recognizing that it is a neurological condition, not a character flaw. The ADHD brain often processes information differently, leading to unique strengths and challenges. For example, while someone with ADHD may struggle with maintaining attention on mundane tasks, they might excel in fast-paced environments where creativity and quick thinking are required. Embracing these differences can help you reframe how you view your ADHD, transforming it from a perceived weakness into a source of strength.

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Self-awareness is crucial for managing ADHD effectively. Reflecting on your specific symptoms and how they impact your life can provide valuable insights. For instance, do you find it challenging to start tasks, or do you get easily distracted during meetings? Identifying these patterns allows you to develop tailored strategies that work for you. Acknowledge your feelings without judgment. Many adults with ADHD experience anxiety, depression, or low self-esteem as a result of their struggles. Understanding that these feelings are common and valid is an essential part of the journey.

Once you have a clear understanding of your ADHD, the next step is to embrace it. Acceptance can be liberating. Rather than fighting against your brain's natural tendencies, you can learn to work with them. This may involve finding new organizational strategies, setting boundaries, or seeking support from friends, family, or professionals. Consider your strengths as well. Many individuals with ADHD are highly creative, energetic, and passionate about their interests. When you identify these strengths, you can leverage them to pursue goals that excite and motivate you.



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"ADHD may make it harder for me to focus, but it also allows my imagination to soar."

– **Solange Knowles**

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# Chapter Two

## CHAPTER 2: BUILDING BETTER HABITS: CREATING STRUCTURE AND CONSISTENCY

"I like to think of ADHD as a superpower. It gives me the ability to see the world in a different way."

**– Emma Watson**

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## Understanding the Importance of Habits

Habits are the building blocks of our daily lives. They shape how we manage our time, interact with others, and approach our goals. For individuals with ADHD, understanding and building positive habits can be particularly beneficial. Consistent habits create predictability, which can help reduce anxiety and overwhelm. Moreover, they provide a framework that allows you to navigate daily challenges more effectively.

Before diving into the steps for building better habits, it's essential to recognize that change takes time. Be patient with yourself and acknowledge that setbacks are a natural part of the process. Instead of striving for perfection, focus on progress. Even small changes can lead to significant improvements over time.

### *Building better habits.*

Building better habits is a journey that requires commitment and effort, especially for those with ADHD. By starting small, establishing clear goals, creating routines, utilizing reminders, and celebrating your progress, you can create a structured environment that supports your success. Remember that it's okay to stumble along the way; the key is to keep moving forward and stay focused on your long-term vision.

### *Managing distractions.*

In the following chapters, we will delve deeper into specific strategies for managing distractions, time, and emotional regulation. Each step you take in building better habits will empower you to create a more fulfilling life, allowing you to thrive with ADHD. Embrace the process, and remember that every small change brings you closer to the life you envision.

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# 5 Steps for Building Better Habits

1) **Start Small:** One of the most effective ways to build new habits is to start with manageable changes. Instead of attempting to overhaul your entire routine overnight, focus on one specific behavior you want to change. For example, if you want to improve your productivity, start by setting aside just 10 minutes each day to organize your workspace.

## 2) **Establish Clear Goals:**

Setting clear, achievable goals is essential for habit formation. Use the SMART criteria to guide your goal-setting process: Specific, Measurable, Achievable, Relevant, and Time-bound. Instead of saying, "I want to exercise more," specify, "I will walk for 20 minutes three times a week."

## 3) **Create a Routine:**

Routines can be incredibly beneficial for individuals with ADHD, as they provide structure and predictability. Develop a daily routine that incorporates your desired habits. For instance, establish a morning routine that includes reviewing your goals and planning your day.

## 4) **Use Reminders and Visual Cues:**

One of the challenges of ADHD is forgetfulness, so utilizing reminders and visual cues can help keep you on track. Set alarms on your phone, use sticky notes, or create a visual calendar. For example, if you're working on drinking more water, place a large water bottle on your desk as a constant reminder.

## 5) **Celebrate Progress:**

Acknowledging and celebrating your achievements, no matter how small, is vital for maintaining motivation. Take time to recognize your progress and reward yourself for reaching milestones. This could be as simple as treating yourself to your favorite snack or reflecting on how far you've come.

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# Chapter Three

## CHAPTER 3: MASTERING FOCUS: PRACTICAL STRATEGIES TO MANAGE DISTRACTIONS

“Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come.” — **Dwayne Johnson**

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# Actionable Steps

To be accepting of yourself each and every day



## Step 1: Identify Your Distractions

**Action Step:** Reflect on what distractions affect you most, such as phone notifications, social media, background noise, or wandering thoughts. Keep a journal for a week to track these distractions, noting their frequency and impact on your focus. Identify patterns, like specific times or environments where distractions are more prevalent. This self-awareness will help you create strategies to minimize distractions and enhance your concentration and productivity.

## Step 2: Create a Dedicated Workspace

**Action Step:** Designate a specific area in your home or office solely for work or study. This space should be organized and free from clutter, creating a comfortable and distraction-free environment conducive to focus. Make sure this area has good lighting and is equipped with everything you need, from stationery to reference materials. By having a dedicated workspace, you signal to your brain that it's time to focus, which can enhance your productivity and concentration. Over time, this association can make it easier for you to enter a focused mindset as soon as you sit down in that space.

### Step 3: Use the Pomodoro Technique

**Action Step:** Implement the Pomodoro Technique to improve your focus and manage your time effectively. Set a timer for 25 minutes and commit to working on a single task without interruption. After the timer goes off, take a 5-minute break to stretch, grab a snack, or relax your mind. This structured approach allows you to maintain concentration during work periods while providing regular intervals for rest. The frequent breaks help recharge your brain and sustain your productivity, making it less likely that you'll feel fatigued or overwhelmed. Over time, you can adjust the length of your work sessions and breaks based on what feels most effective for you.

### Step 4: Limit Digital Distractions

Our phones and computers are often the biggest culprits of distraction. Turn off notifications, use do-not-disturb modes, or download focus apps like "Forest" or "Freedom" to limit digital distractions during work periods.

### Step 5: Break Tasks into Smaller Steps

Large tasks can feel overwhelming and lead to procrastination. By breaking them down into smaller, manageable steps, you can make progress more easily and stay focused. Each small win gives you a sense of accomplishment and keeps you motivated to continue without getting distracted by the bigger picture. This approach also helps reduce mental strain, making the work feel less daunting.

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## Step 6: Practice Mindfulness

Mindfulness helps you stay present and focused on the task at hand. By practicing mindfulness techniques, such as deep breathing or meditation, you can train your mind to notice when it starts to wander and gently bring it back to the present. Regular mindfulness practice improves concentration, reduces stress, and helps you manage distractions more effectively. Incorporating short mindful breaks throughout your day can refresh your focus and prevent mental fatigue.

## Step 7: Use Visual Aids

Visual aids, like charts, mind maps, or checklists, can help you stay organized and focused. They give you a clear overview of your progress and help break down complex information into more manageable pieces. By having a visual reminder of your goals and tasks, you're less likely to lose focus or feel overwhelmed. Tools like Trello, sticky notes, or even simple whiteboards can make it easier to track what needs to be done, keeping distractions at bay and improving overall productivity.

## Step 8: Establish a Routine

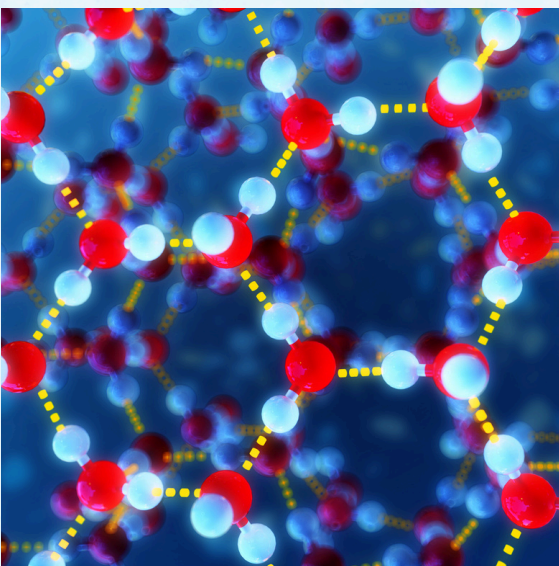
Creating a consistent routine helps train your brain to focus at specific times. When your mind knows what to expect, it's easier to get into a productive flow. By sticking to a regular schedule, you can reduce decision fatigue and minimize distractions, making it easier to stay on track.

## Step 9: Seek Accountability

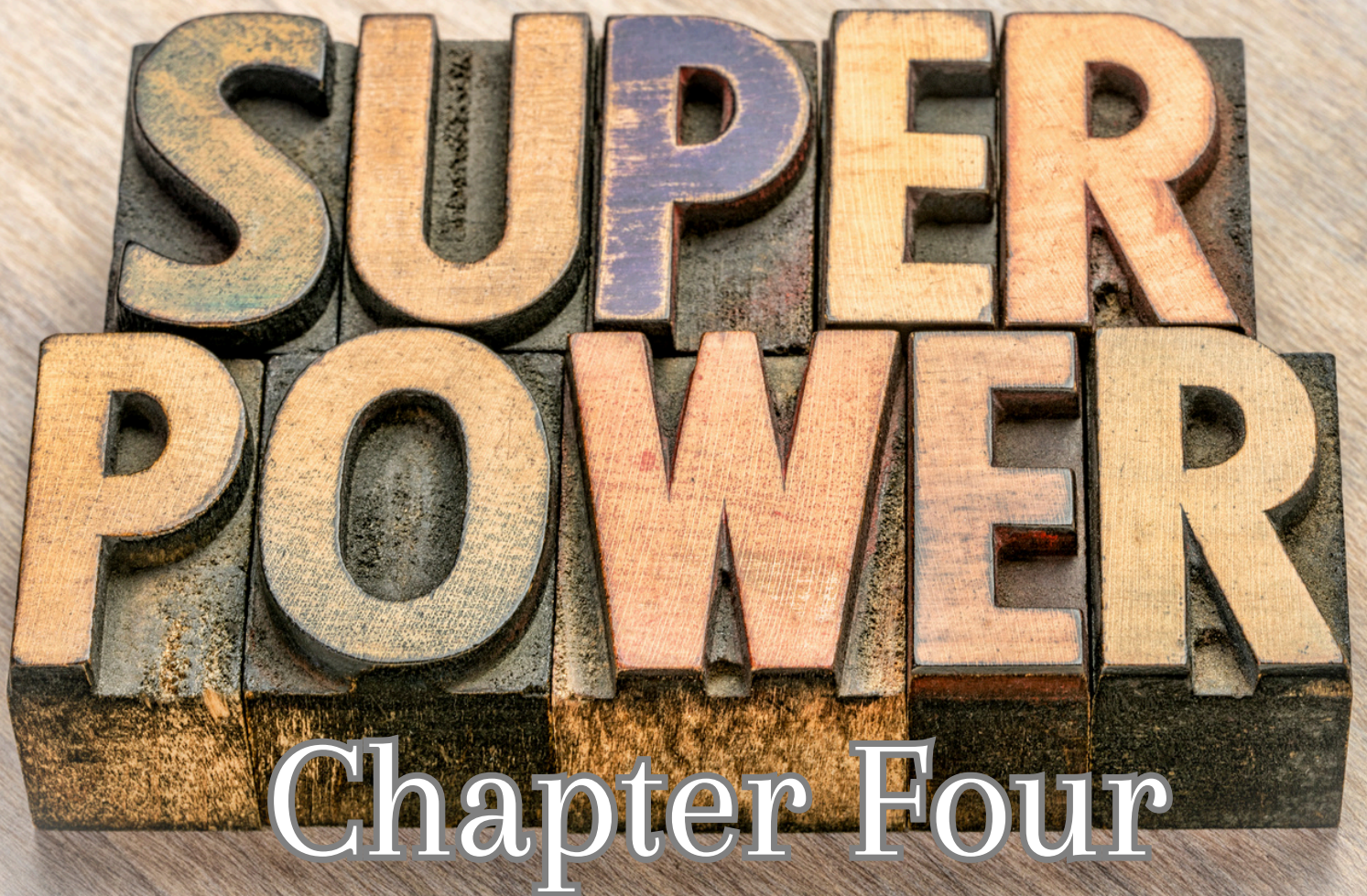
Having someone to hold you accountable can boost your focus and productivity. Whether it's a colleague, friend, or productivity partner, knowing someone is checking in on your progress encourages you to stay committed. Accountability partners can provide support, motivation, and an extra push to stay focused on your tasks.

**Treat each day as a new opportunity to practice each of these techniques.**

To fully harness the power of accountability, you need to actively seek it and embrace the structure it provides.



“ADHD is not a disorder of attention, it’s a disorder of the regulation of attention.”  
— **Dr. Edward Hallowell**



# SUPER POWER

## Chapter Four

### CHAPTER 4: HARNESSING YOUR STRENGTHS: TURNING ADHD TRAITS INTO SUPERPOWERS

“ADHD is not a disorder of knowing what to do; it’s a disorder of doing what you know.”

— **Dr. Russell Barkley**

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You might be wondering, “I thought the goal was to understand my ADHD challenges honestly, not just to boost my confidence.”

This is essential for being honest with yourself; by gaining a clearer understanding of your feelings and circumstances, you’ll discover deeper happiness within and a renewed enthusiasm for life as a whole!

Cultivate self-worth and self-confidence simultaneously with these effective strategies for managing ADHD:

✓ Embrace Hyperfocus

Utilize your ability to hyperfocus on tasks that interest you to achieve exceptional results.

✓ Foster Resilience

Use your ability to bounce back from setbacks as a strength in overcoming challenges.

✓ Leverage Creativity

Channel your creative thinking to generate unique solutions and innovative ideas.

✓ Build Strong Relationships

Use your enthusiasm and charisma to create meaningful connections and collaborations with others.

✓ Seek Variety

Incorporate diverse activities and projects into your routine to maintain engagement and motivation.

✓ Practice Self-Compassion

Be kind to yourself and recognize that your ADHD traits can lead to extraordinary strengths when managed effectively.

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When you nurture your self-esteem and self-confidence, self-acceptance becomes much more achievable, especially when living with ADHD. Remember that your unique traits are part of what makes you valuable, and it's essential to recognize your worth. Embrace the strengths that come with ADHD and honor yourself with the appreciation and respect that you truly deserve.



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“In my exploration, I’ve spoken with many individuals who have always felt like outsiders—be it scientists, artists, or thinkers. When you delve into their work and essence, you often discover a profound sense of self-acceptance that fuels their uniqueness.”

**-Brene Brown**

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A woman with long brown hair is shown in profile, hugging herself. She is wearing a thick, textured sweater with horizontal stripes in white and brown. The background is a soft, light-colored wall.

# Chapter Five

## CHAPTER 5: SELF-COMPASSION AND GROWTH: THRIVING BEYOND THE CHALLENGES

“When we deny our stories, they define us. When we own our stories, we get to write the ending.” — **Brené Brown**

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In a world that often emphasizes perfection and productivity, self-compassion can feel like a radical act, especially for adults navigating the complexities of ADHD. The pressures of daily life can lead to feelings of inadequacy, self-doubt, and frustration. However, embracing self-compassion allows you to cultivate a nurturing relationship with yourself, recognizing that it's okay to struggle and that your worth is not defined by your challenges. This chapter explores the transformative power of self-compassion and how it can pave the way for personal growth, resilience, and a fulfilling life.

Understanding self-compassion means acknowledging your experiences with kindness and empathy, rather than judgment. For those with ADHD, this approach can be particularly beneficial, as it helps to combat the negative self-talk that often accompanies the condition. By practicing self-compassion, you create a safe space for your thoughts and feelings, allowing yourself to process emotions without the weight of criticism. This acceptance opens the door to personal growth, enabling you to learn from your challenges rather than feel defeated by them.

As we delve into the strategies for cultivating self-compassion, you'll discover practical tools and insights to help you thrive beyond the obstacles you face. Each step you take toward embracing self-compassion strengthens your ability to navigate the ups and downs of life with grace and resilience. By fostering a compassionate mindset, you empower yourself to not only overcome challenges but also to celebrate your journey and all the unique strengths that come with living with ADHD.



## **13 Steps to Embrace Self Compassion**

### *Acknowledge Your Feelings*

Recognize and accept your emotions, whether they're frustration, sadness, or anxiety. It's okay to feel overwhelmed; acknowledging these feelings is the first step toward self-compassion.

### *Challenge Negative Self-Talk*

Identify negative thoughts and replace them with more positive, realistic affirmations. Instead of criticizing yourself for struggles, remind yourself of your strengths and accomplishments.

### *Celebrate Small Wins*

Acknowledge and celebrate your progress, no matter how small. Recognizing even minor achievements can boost your self-esteem and motivate you to continue moving forward.

### *Practice Mindfulness*

Engage in mindfulness practices, such as meditation or deep breathing, to stay present. This can help you observe your thoughts and feelings without judgment, fostering a more compassionate mindset.

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### *Set Realistic Expectations*

Understand that perfection is unattainable. Set achievable goals and allow room for mistakes; they are part of the growth process.



### *Embrace Your Unique Strengths*

Reflect on the positive traits associated with your ADHD, such as creativity and resilience. Embracing these strengths can shift your perspective from seeing ADHD as a limitation to viewing it as a unique asset.



### *Create a Supportive Environment*

Surround yourself with people who understand and support you. Positive relationships can foster self-compassion and help you feel valued for who you are.



### *Learn from Challenges*

View challenges as opportunities for growth rather than failures. Reflect on what you can learn from difficult situations, using them as stepping stones for future success.



### *Seek Professional Help*

Consider therapy or counseling to explore deeper issues and develop coping strategies. Professional support can offer valuable insights and tools for building self-compassion.

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### *Limit Comparisons*

Avoid comparing yourself to others, as it can lead to feelings of inadequacy. Focus on your own journey and progress, celebrating your individual path.



### *Engage in Self-Care*

Prioritize self-care activities that nourish your body and mind. Whether it's exercise, hobbies, or relaxation techniques, self-care is essential for maintaining well-being.



### *Practice Gratitude*

Keep a gratitude journal to reflect on what you appreciate in your life. Focusing on the positive aspects can enhance your mood and promote self-compassion.



### *Be Patient with Yourself*

Recognize that self-compassion is a journey that takes time. Be gentle with yourself as you navigate your path, and understand that progress may be gradual.

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Embracing self-compassion is a transformative journey, especially for adults navigating the unique challenges of ADHD. By acknowledging your feelings and practicing mindfulness, you create a safe space for self-reflection and growth. It's essential to challenge negative self-talk and replace it with affirmations that celebrate your strengths. Recognizing that perfection is unattainable allows you to set realistic expectations and appreciate the small wins along the way. Each step you take toward self-compassion reinforces your resilience and empowers you to thrive.

The path to self-compassion is not without its obstacles, but understanding that challenges are opportunities for growth can shift your perspective. Embracing your unique strengths, such as creativity and adaptability, allows you to see ADHD not as a limitation, but as an integral part of your identity. Building a supportive environment filled with understanding friends and family can further enhance your journey, reminding you that you are not alone in this process.

Ultimately, self-compassion is about treating yourself with the same kindness and understanding you would offer a friend. By prioritizing self-care, practicing gratitude, and being patient with yourself, you cultivate a deeper sense of acceptance and love. Remember, this journey is not about achieving perfection; it's about embracing your true self, imperfections and all. As you continue to grow and thrive beyond the challenges, let self-compassion be your guiding light, illuminating the path toward a fulfilling and empowered life.

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# Conclusion

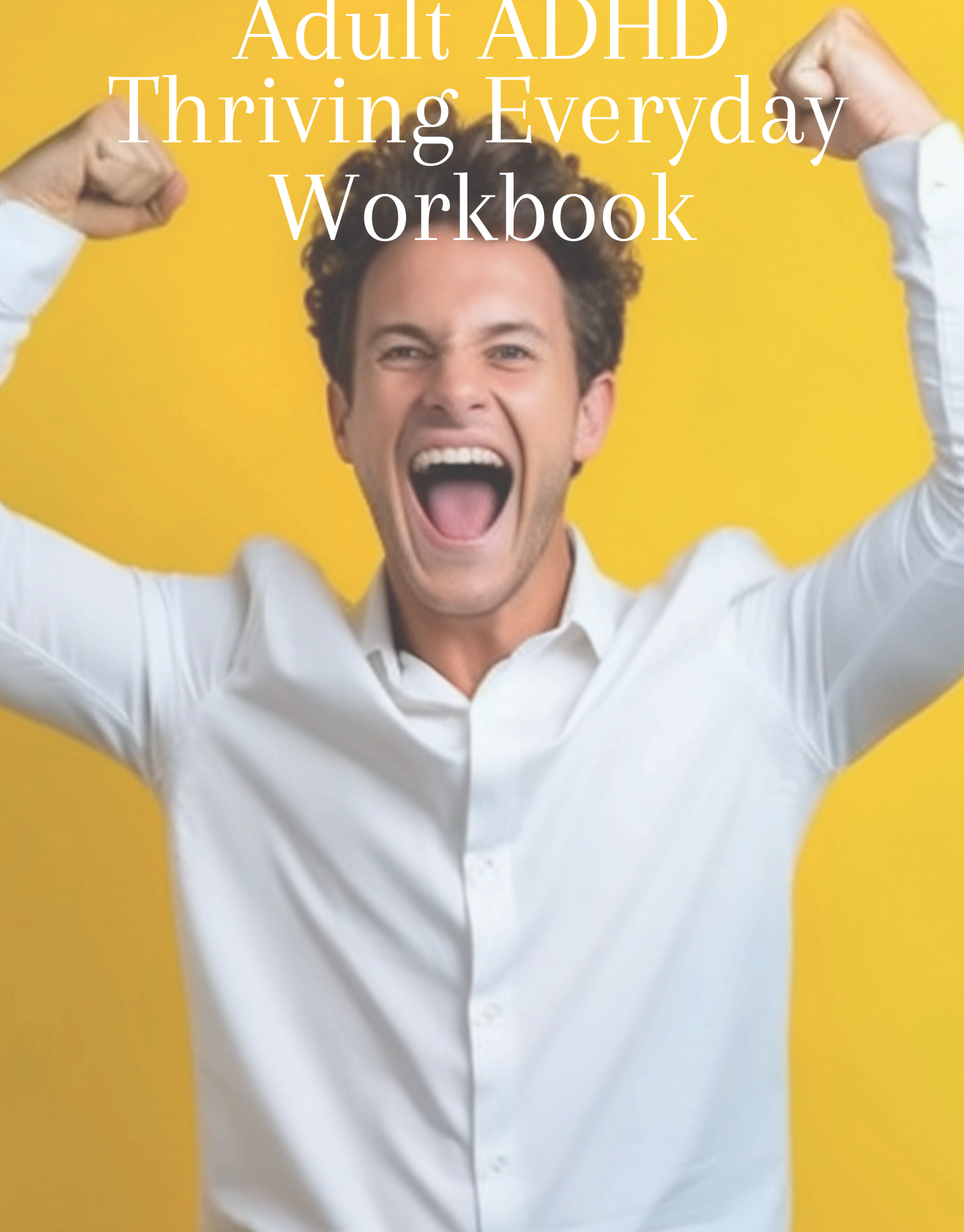
As you conclude this ebook, it's essential to remember that your journey with ADHD is uniquely yours. Embracing the individuality of your experiences empowers you to cultivate self-acceptance and understanding. Each challenge you face contributes to your growth and deepens your self-awareness, shaping the person you are becoming. By recognizing the value of your personal narrative, you inspire not only yourself but also others who may be on similar paths.

Reflecting on your journey allows you to acknowledge both your triumphs and the lessons learned from struggles. Celebrating small victories, whether it's mastering a new coping strategy or simply navigating a challenging day, reinforces your resilience. By honoring your strengths, particularly those that come with ADHD, you can shift your perspective from seeing limitations to recognizing the unique assets you possess.

Ultimately, living with ADHD is not about achieving perfection but about embracing your true self, imperfections and all. By nurturing self-compassion, building a supportive community, and remaining committed to lifelong learning, you can thrive in your personal and professional life. Let this journey be one of empowerment and growth, where you confidently embrace who you are and the potential that lies ahead.

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# Adult ADHD Thriving Everyday Workbook



Answer these questions to gain a better understanding of how self-acceptance can be your path to contentment while navigating life with ADHD:

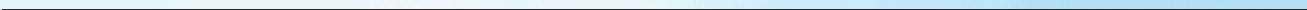
**01** What are some aspects of my ADHD that I initially viewed as weaknesses, but have since recognized as unique strengths?



**02** In what situations do I find it challenging to accept my ADHD traits, and how can I reframe my perspective on those moments?



**03** How does my ADHD affect my daily life, and what strategies have I developed to embrace those challenges?



04

What are some of the coping mechanisms that have worked for me, and how can I reinforce their positive impact on my self-acceptance?

05

How can I practice self-compassion when I face setbacks related to my ADHD?

06

In what ways can I celebrate my accomplishments, no matter how small, to boost my self-acceptance?

**07** Who in my life provides support and understanding regarding my ADHD, and how can I lean on them for encouragement?


**08** What are some affirmations I can use to reinforce a positive self-image related to my ADHD?

**09** How can I incorporate mindfulness or relaxation techniques into my routine to help me accept my ADHD more fully?

# Changing your life

## Exercise

01 In which area of your life do you desire to bring about a change?



02 What specific areas of my life do I feel most disorganized or overwhelmed in, and how is ADHD impacting those areas?



03 What routines or habits could I introduce to help me stay more focused and consistent in my daily tasks?



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04

What ADHD coping strategies have worked for me in the past, and how can I apply them more regularly?



05

What tools or systems (apps, reminders, visual aids) can I use to better manage my time and tasks?



# My Life Vision

Imagine a depiction of your life without any obstacles or limitations, where money is not a concern. Then, revisit the previous questions and provide your responses based on this vision.



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A large, empty, light blue rounded rectangular area intended for writing or drawing a vision statement.

# My Life Vision

## EXERCISES

- 01 What emotions arise when you acknowledge the fact that you possess the ability to initiate this change?



- 02 Did you experience any noticeable transformations or shifts? If so, can you describe them in detail, whether they were changes in your thoughts, emotions, or any other aspect?



# Worksheet

## Thoughts Challenger

Often with ADHD, our thoughts race so quickly that we may not even realize how much they influence our emotions, feelings, and overall well-being. These thoughts are automatic and, for many people with ADHD, they can be negative, often picked up from external sources or past experiences.

In fact, these thought patterns can feel like someone else's voice in our minds, making it harder to stay positive or focused. By taking the time to slow down and practice mindfulness or meditation, you can develop greater awareness of these thought patterns and begin to regain control over them. This can help you manage the mental clutter that often comes with ADHD and improve your overall focus and emotional balance.

TRIGGER	AUTOMATIC THOUGHT	Challenge This: Ask yourself "How true is that thought?"	NEW THOUGHT
Example: You forget an important meeting for work.	I can't believe I forgot again! I'm so unreliable. I'll never be able to keep up with my responsibilities.	Wait, is it really true that I'm unreliable just because I forgot one meeting? I've handled other tasks well, and I can learn strategies to improve.	I forgot this meeting, but that doesn't define me. I'm working on better time management, and I can set reminders or use tools to help me stay on track next time.

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TRIGGER

AUTOMATIC  
THOUGHT

Challenge This:  
Ask yourself  
“How true is  
that thought?”

NEW  
THOUGHT



# Worksheet Taking Responsibility

MY RESPONSIBILITIES

ARE ANY OF THESE SOMEONE  
ELSE'S RESPONSIBILITY?

IS ANYTHING HERE  
OUT OF MY CONTROL?



# Self-Rewards Journal

## TREATS

Treats cost nothing or very little & should be given freely every week.

## REWARDS

Rewards cost money & should be given after you finish something or complete a goal.

# Worksheet

## My Support Team

Family/Friends

My Mentor/Guide

My Mastermind  
Group/Network

Employee(er)

Professionals I Can  
Ask for Help

Contactors

Jobs I Need To Hire  
Someone Else To Do

My Accountability  
Partners

Notes

How I will take time off this year. Holidays I will observe: (Weekly/Monthly)

# Going forward

## Goals

Now that you've reviewed your priorities, it's time to set some focused, achievable goals. Break each goal down into small, actionable steps—I recommend starting with 5, but feel free to make the steps as small as needed to keep things manageable.

Pro Tip: Only work on one goal at a time to maintain focus and avoid overwhelm. This will help you stay on track and complete each task with full attention.



### GOAL 1

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### GOAL 2

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### GOAL 3

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### GOAL 4

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### GOAL 5

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# Worksheet

## My Comfort Zone

Identify your comfort zone in each area.

This is where you feel the most confident/comfortable already.

WORK	FAMILY	FRIENDS	CHILDREN	HOME

HOBBIES	HEALTH	ASKING FOR HELP	OTHER	NOTES

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# Worksheet Building Confidence

Pick one area from the above list that you want to work on:

Write a list of action steps you can take this week:

# Worksheet Building Confidence

How did I feel when I pushed my comfort zone?

Where there any negative comments?

**Internal ones:**

**external ones:**

# My Positive Qualities Journal

To assist you in recording your positive qualities, reflect on the following questions:

- What aspects of my identity do I appreciate?
- Which qualities do I possess that are considered positive?
- What notable accomplishments have I achieved?
- What hurdles have I successfully overcome?
- What skills or talents do I possess?
- How have others expressed their admiration for me?
- Which attributes do I admire in others that I also possess?
- If someone possessed the exact same qualities as me, what would I find admirable in them?
- How might someone who genuinely cares about me describe my qualities?
- What negative qualities do I perceive in others that I do not possess?

Remember; to include everything no matter how small, insignificant, modest, or unimportant you think they are.

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# My Positive Qualities Journal

For each positive quality that you have written in your Positive Qualities Record, recall specific examples that illustrate that quality. Try to list as many examples as you can.

A POSITIVE QUALITY

Specific Examples that  
Illustrate the Quality

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# My Positive Qualities Journal

For each day of the week, think of 3 examples of positive qualities that you have shown during the day. Write the day and date, what you had done during the day, and what positive qualities your actions demonstrate.

DAY/DATE	WHAT YOU DID DURING THE DAY	POSITIVE QUALITIES SHOWN

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