

The ADHD Clarity Snapshot™

A 10-minute self-assessment to reveal your unique **ADHD Pattern Profile** - and discover tools that finally work for your brain.



[INNERKINDER.COM](https://www.innerkinder.com)



About InnerKinder

InnerKinder is a safe space where you can become your best self

It's a space for anyone who feels ready to heal the parts of themselves that were never seen, never heard, never nurtured. The kid inside you - the one who still wonders if they're too much or not enough - deserves kindness. At InnerKinder, we know you have untold inner strength. We're here to walk with you on your journey to recognize unhealthy coping mechanisms, break through toxic patterns and realize your true potential - offering tools, support, and gentle reminders that everything you need is already within you.

To explore more resources and support your journey, visit us anytime at www.innerkinder.com - you're always welcome here.



INNERKINDER
GROW FROM WITHIN

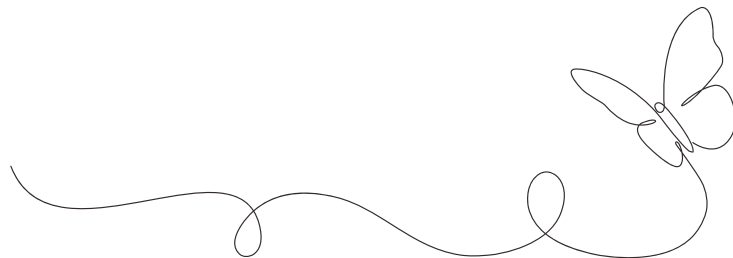
Welcome

If you've spent years telling yourself to "just get it together," pushing through exhaustion, and wondering why simple tasks sometimes feel impossible — this isn't a flaw in your character.

Smart, sensitive, high-achieving women often go decades with undiagnosed ADHD or executive dysfunction. You learn to cope. To mask. To overachieve. To hide the chaos behind the competence.

This mini-assessment will give you a snapshot of the ADHD patterns quietly shaping your habits, emotions, and productivity — and help you discover tools and systems that finally provide the kind of support your unique brain actually needs.

✦ *Clarity is the first step toward sustainable momentum.*



Self-Assessment — Does This Sound Like You?

Instructions:

For each statement, check the box if it sounds familiar.

1. I often know exactly what I need to do... but can't get myself to start.
2. I swing between hyperfocus and total shutdown.
3. I feel overwhelmed by tasks that seem "easy" for others.
4. I rely on last-minute pressure to get things done.
5. I forget things even with alarms, apps, or reminders.
6. My emotions go from 0 to 100 very quickly.
7. Noise, people, or chaos overstimulate me.
8. I can feel incredibly capable — and suddenly not.
9. I feel ashamed of how hard I work just to function.
10. I worry I'll be "found out" as less organized than I look.

👉 If you checked 4 or more items, one of the profiles on the next few pages may feel eerily accurate.

Your ADHD Pattern Profile

There is no single way ADHD shows up in women. Instead, most high-achieving women fall into 1–2 of these **pattern profiles** — unique blends of strengths, sensitivities, and invisible struggles.

As you read, notice which one makes your shoulders drop and think:

“Oh. This is me.”

✨ *Understanding your pattern is the gateway to freedom.*



Profile 1: The Overthinking Strategist

You are thoughtful, observant, and deeply intuitive.
You can see 10 steps ahead — but struggle to take the first one.

Your mind is always planning, preparing, predicting...
yet your body freezes when it's time to begin.

Strengths:

- Insightful
- Analytical
- Emotionally attuned

Struggles:

- Task initiation paralysis
- Over-preparing
- Decision overwhelm

Your brain needs:

Micro-start rituals + structured activation cues.

Profile 2: The Last-Minute Supernova

You're brilliant under pressure.

Deadlines flip a switch inside you — and suddenly you're unstoppable.

But the crash afterward is brutal.

And living in panic mode is exhausting.

Strengths:

- Crisis competence
- Fast learning
- Creative problem solving

Struggles:

- Chronic procrastination
- Burnout
- Shame spirals

Your brain needs:

Safe urgency + flexible planning systems.

Profile 3: The Overwhelmed Empath

You're capable, empathetic, perceptive — and easily overwhelmed.

Your nervous system is always “on,” absorbing everything around you.

You may appear calm, but inside you're managing 100 invisible signals.

Strengths:

- Creativity
- Leadership
- Emotional intelligence

Struggles:

- Sensory overload
- Emotional dysregulation
- People-pleasing

Your brain needs:

Sensory regulation + compassionate structure.

Profile 4: The Hyperfocus Hopper

When you care about something, you're a force.
Hours disappear. Ideas flow. You achieve mastery quickly.

But when your interest drops?
The task becomes a brick wall.

Strengths:

- Deep focus
- Rapid skill development
- Creativity

Struggles:

- Task switching
- Boredom paralysis
- Follow-through

Your brain needs:

Dopamine-friendly planning + intentional transitions.

Profile 5: The Masked Perfectionist

On the outside: polished, organized, impressive.

On the inside: overwhelmed, exhausted, and hiding how hard it is.

You've been "the responsible one" for so long that you don't even realize you're masking.

Strengths:

- Adaptability
- High standards
- Social intelligence

Struggles:

- Burnout
- Identity confusion
- Shame

Your brain needs:

Unmasking support + shame-proof systems.

I Have My ADHD Profile — So Now What?

Understanding your pattern is an important first step. It explains why you feel overwhelmed, inconsistent, or exhausted — but awareness alone isn't the whole story.

The next step is to find tools and systems that finally work *with* your brain, not against it.

That's why we designed **The Clarity & Momentum Method**.

It's a self-paced, 3-phase system that will help you:

- ✦ Map your patterns in detail based on 30 different “clues” across **5 key ADHD Struggle Areas**
- ✦ Build flexible systems that work for your unique ADHD pattern profile and adapt to your varying energy levels
- ✦ Discover your **ADHD Superpowers**, and how to use them
- ✦ Create routines that survive real life
- ✦ Feel capable — without burnout

Explore the Clarity & Momentum Method



WWW.INNERKINDER.COM



INNERKINDER

GROW FROM WITHIN