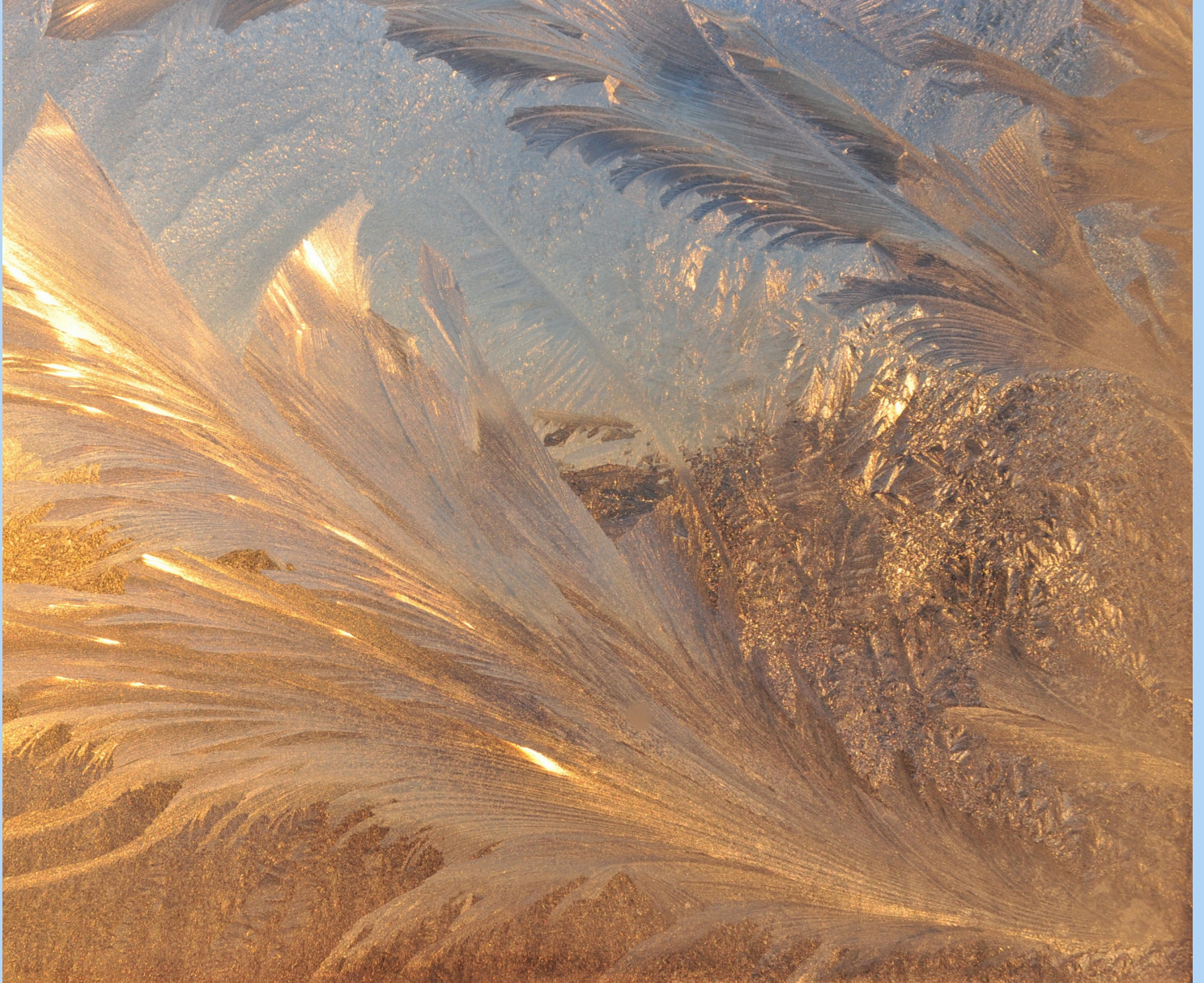


not a broken neurotypical



DOWNLOADABLE
BUNDLE GIFT GUIDE

May 2024

bundle gifts

a quick letter from Megan (the organizer)

You are not broken.

You might struggle, you might suffer, you might mess up, but guess what?

I wouldn't change you for the world.

Sure, maybe you want to heal and grow (and hopefully these gifts can aid in that!) but when it comes to who you are as a person?

You're exactly who you're supposed to be.

Neurodivergence and all.

Megan

CEO of [The Neurocuriosity Club](#)

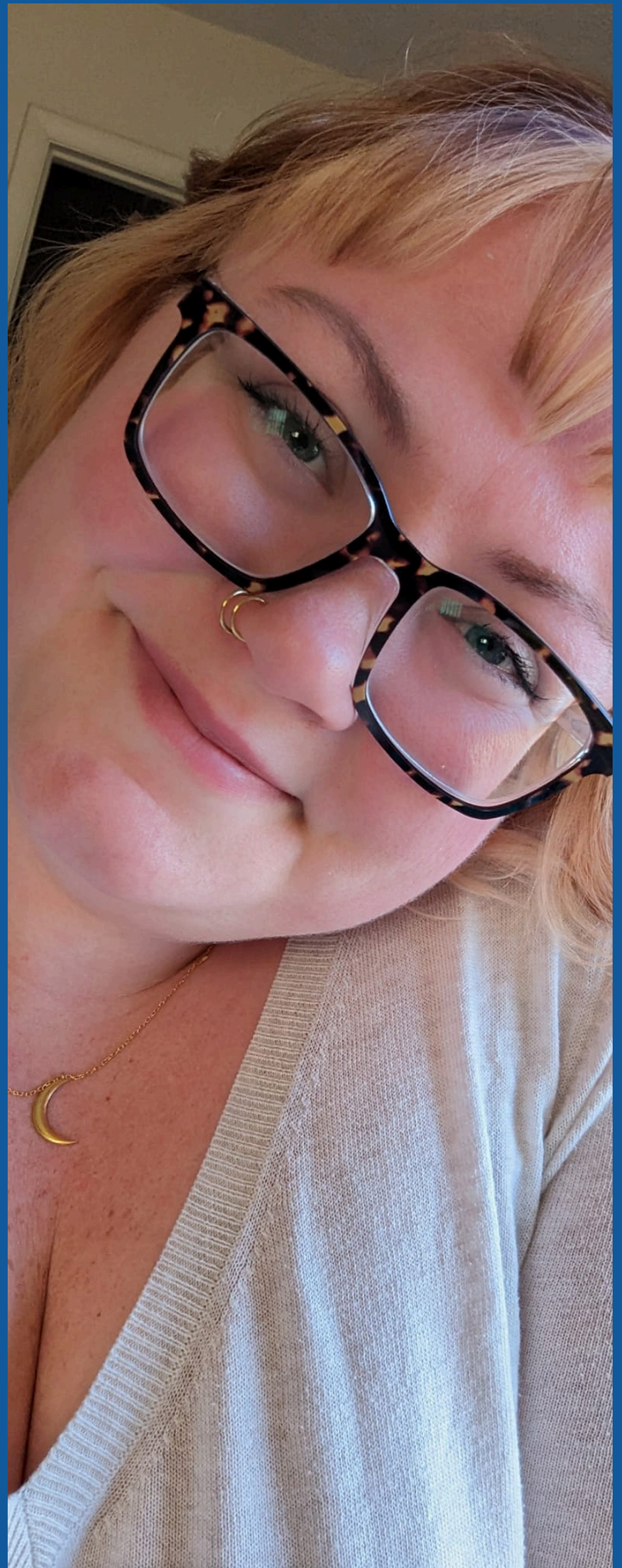
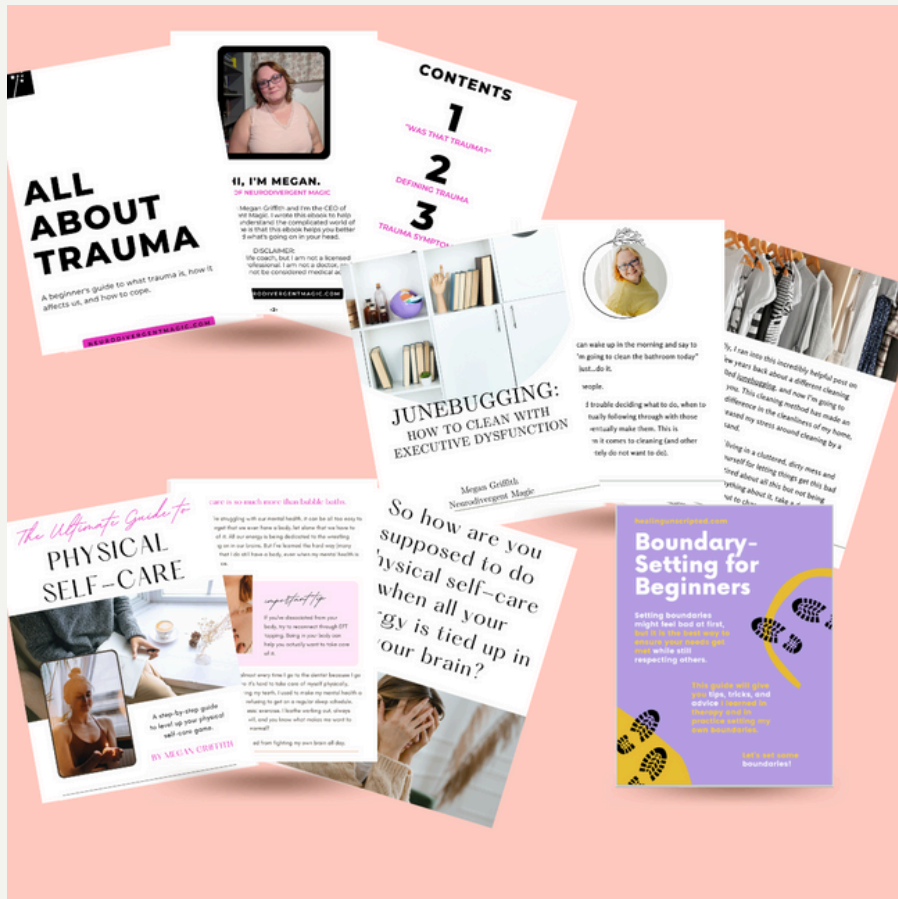


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neurodivergent wellness ebook bundle

BY MEGAN GRIFFITH
THE NEUROCURIOSITY CLUB



what you get:

Digital downloads of my four ebooks:

- All About Trauma
- Junebugging: How to Clean with Executive Dysfunction
- Physical Self-Care
- Boundary-Setting for Beginners

how you get it:

Click on the link below:

[CLICK HERE FOR ACCESS](#)

polyvagal pranayama & yoga

what you get:

Gentle, trauma-informed yoga helps you regulate your highly sensitive nervous system so you can relax. In this breath and mindful movement course, I'll demystify the Polyvagal Theory and share practices to help you experience the benefits of your new awareness in your body and mind.

BY KATE LYNCH
HAPPY HEALTHY YOGA

how you get it:

Click on the link below:

[CLICK HERE FOR
ACCESS](#)



calm your mind

BY SANDRA
SUPPORTIVE SISTERHOOD SPACE



what you get:

A Journal and companion audio of practical techniques and tools: gain access to actionable strategies that you can incorporate into your daily life to maintain a calm and focused mind.

how you get it:

Click on the link below:

[CLICK HERE FOR ACCESS](#)

what you get:

With this toolkit, you can track PMS and PMDD symptoms, track patterns, and align your life with the energy and mood shifts related to your cycle.

Bonus, you can make sure you're not caught off guard by symptoms and can help prepare for them.

Includes: PMS & PMDD symptom tracker, cyclical calendar, cyclical calendar with phases in color, cyclical planner. BOTH Printable PDF and Google Sheets versions are included.

how you get it:

Click on the link below:

[CLICK HERE FOR ACCESS](#)

period & pmdd toolkit

BY JASMINE SMITH
COZY AND PRACTICAL

4 pages CYCLE SYNCING PERIOD + PMDD TOOLKIT
tracker - planner - journal - eBook

developed by someone with PMDD

PMS & PMDD SYMPTOM TRACKER

Cyclical Calendar

Cyclical Calendar

Cyclical Planner

PRINTABLES + GOOGLE SHEETS VERSION

The graphic displays a collection of digital tools. At the top left, a purple box contains the text '4 pages CYCLE SYNCING PERIOD + PMDD TOOLKIT tracker - planner - journal - eBook'. Below this, a white cloud contains the text 'developed by someone with PMDD'. The main visual is a collage of three documents: a 'PMS & PMDD SYMPTOM TRACKER' with a grid of checkboxes, a 'Cyclical Calendar' with a color-coded monthly grid, and a 'Cyclical Planner' with two colored boxes labeled 'Inner Winter' and 'Inner Spring'. A laptop in the foreground shows the symptom tracker on its screen. At the bottom, a purple banner reads 'PRINTABLES + GOOGLE SHEETS VERSION'.

multi-me mastery

BY SAGE GRAYSON
SAGE GRAYSON



what you get:

Multi-Me Mastery is an in-depth course to help you use boundaries, automations, delegation, and technology to make time for your most important priorities. No more wishing you had a clone. No more burnout and overwhelm. Just simple mastery of your precious time.

how you get it:

Click on the link below:

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talk it out templates

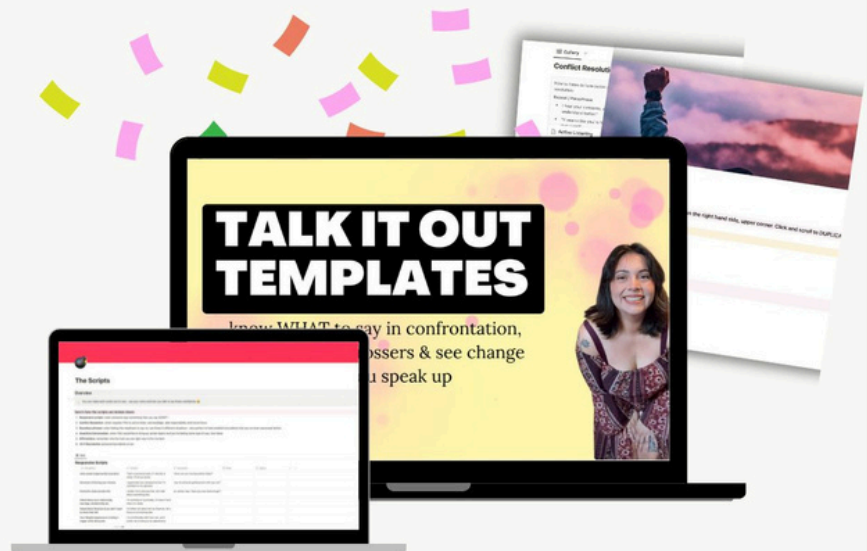
what you get:

Plug n play templates to help you speak up in confrontation, know what to say to stop boundary crossers & bring up issues that you've been avoiding. Plus learn how to ask for help, have honest conflict resolution & improve your relationships.

BY ROSAURA
BOUNDARIES REFLECT

TALK IT OUT TEMPLATES

know exactly WHAT to say to set
boundaries, resolve conflict



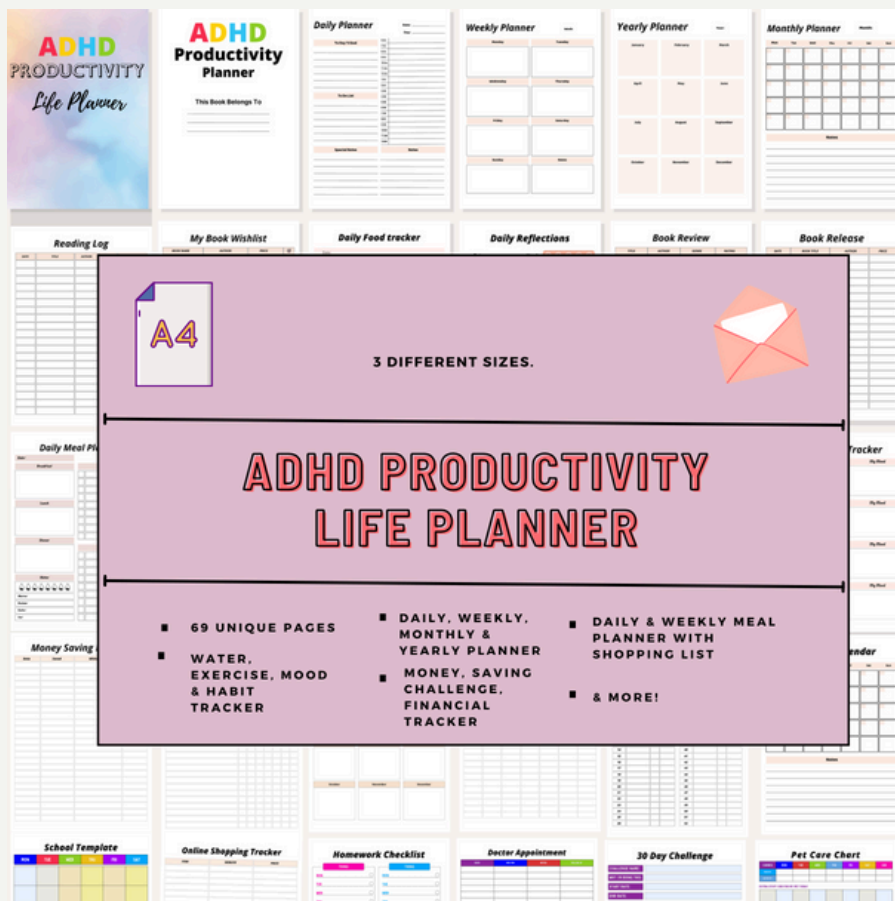
how you get it:

Click on the link below:

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adhd productivity life planner

BY KASEY CLARK
I AM KASEY CLARK



what you get:

Introducing the ultimate solution for managing ADHD and boosting productivity - the ADHD Productivity Life Planner!

This comprehensive planner is specifically designed to help individuals with ADHD stay focused, organized, and on top of their daily tasks and goals.

how you get it:

Click on the link below:

[CLICK HERE FOR ACCESS](#)

stress responder quiz & mini-course

what you get:

Are you one of the many people who fall apart when they speak in front of an audience? Take the first step towards feeling calm, confident and in control by identifying and managing your stress response, thanks to this fun quiz and follow-up email mini-course -created by someone who knows how it feels!

how you get it:

Click on the link below:

[CLICK HERE FOR
ACCESS](#)

BY ZOE ZALICK
[ZOE ZALICK](#)

The graphic features a woman in a teal superhero suit with a red cape and sunglasses, pointing at a computer monitor. The monitor displays four female superheroes in various costumes. A red vintage-style microphone is positioned in the bottom right corner. The background has blue and white vertical stripes. Text elements include: 'Zoe Zalick OWN YOUR VOICE' at the top; 'DO YOU GET STRESSED IN FRONT OF AN AUDIENCE?' in a red banner; 'STRESS RESPONDERS' in large, stylized red and white letters with a lightning bolt; 'Fun QUIZ' in a yellow starburst; and 'TAKE THIS FUN QUIZ AND FIND OUT WHO YOU BECOME UNDER PRESSURE' in a dark blue banner at the bottom.

home harmony

BY KRISTIN KOLIHA
WELCOME HOME ADHD



what you get:

Plug n play templates to help you speak up in confrontation, know what to say to stop boundary crossers & bring up issues that you've been avoiding. Plus learn how to ask for help, have honest conflict resolution & improve your relationships.

how you get it:

Click on the link below:

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self-worth journal for social anxiety

what you get:

Do you struggle to feel good enough because of social anxiety? The Self Worth Journal for Social anxiety contains 100 prompts to help you reflect on the meaning of self worth in your life and take action to feel more worthy. Learn more about what self worth means to you and how you can start to feel better.

how you get it:

Click on the link below:

[CLICK HERE FOR
ACCESS](#)

BY ARLIN
ABOUT SOCIAL ANXIETY



anxiety management toolkit

DR. BOBBI BALLARD
BALLARD PHD



what you get:

The Anxiety Management Toolkit shares proven techniques and strategies to help you when anxiety strikes. It includes my top 10 anxiety management tips, a printable checklist of these tips to help you track your healthy behaviors, my 3 favorite breathing exercises to help you calm your body and mind, journal prompts for anxiety, and healthy distraction ideas.

how you get it:

Click on the link below:

[CLICK HERE FOR
ACCESS](#)

what you get:

Unlock the secrets to pain-free periods and say goodbye to painful periods and hello to a vibrant, thriving you! Embrace the freedom to live your life to the fullest and thrive in both your personal and professional life, without the burden of period pain holding you back. Say goodbye to painful periods that disrupt your focus and hinder your productivity, and hello to a life of freedom and empowerment. The Pain-Free Periods Playbook is your ultimate guide to reclaiming control over your periods and conquering those pesky period challenges that have been holding you back in life and business.

how you get it:

Click on the link below:

[CLICK HERE FOR ACCESS](#)

pain-free periods playbook

BY ROXY KING
ROXY KING COACH



PAIN-FREE PERIODS PLAYBOOK

Eliminating Menstrual Pain
for Online Business Success

simple money strategies: mastering money w/adhd

DR. MAGAN OUTLAW
THE REAL RAW OUTLAW



what you get:

Money can be a maze, especially if you have ADHD. But fear not! I've got you. In this workshop you'll practical solutions for mastering your money with confidence. As we go over the top 10 struggles ADHDer's face when it comes to finances. Now is the time to take charge of your finances, gain confidence, and succeed, ADHD quirks and all.

how you get it:

Click on the link below:
[CLICK HERE FOR ACCESS](#)

your neurospicy chore toolkit

what you get:

Learn how to create a chore system that works WITH your Neurospiciness and not against it. This short video series (including a downloadable workbook) will give you a system your whole family can use. Stop fighting who you are by trying to do chores the way "other people" do them.

BY DR. SARAH G
DR. SARAH G

A CHORE SYSTEM THAT FITS YOUR BRAIN!

YOUR NEUROSPICY
chore toolkit

VALUED AT
\$47

WWW.DRSARAHG.COM

how you get it:

Click on the link below:

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dial down emotions fast

DR. HEATHER MCKENZIE
DIAL DOWN ANXIETY

Dial Down Emotions FAST
Proven emotion regulation techniques, taught by a seasoned psychotherapist.

6 video modules

BONUS Meditation track

BONUS Daily Mindful Routine

The graphic features a central computer monitor displaying a video player interface. To the left of the monitor are several green worksheets with various forms and text. To the right are more worksheets, including one titled 'PACED BREATHING TECHNIQUES'. At the bottom, there are two green star icons, each with a small starburst, and a pair of headphones icon next to the 'BONUS Meditation track' text, and a checklist icon next to the 'BONUS Daily Mindful Routine' text.

what you get:

Do big emotions get in your way? Would you rather feel more in control? Coping tips from social media just not enough? Learn proven emotion regulation techniques from a seasoned psychotherapist.

Understand why they work & how to do them.

This course teaches you research-backed methods and guides you through assembling your personalized coping toolkit.

how you get it:

Click on the link below:

[CLICK HERE FOR ACCESS](#)

imposter proof: neurohacking our way to confidence

BY MARCELLE SIEGEL
BRAIN RISE GO

what you get:

Drowning in self-doubt and imposter syndrome? This neurohacking minicourse will provide the mindset shifts and neurofuel to banish the doubts and grow in calm confidence.

Features:

- Intro Video (1 minute)
- Neurospicy Imposter Syndrome (50+pages)

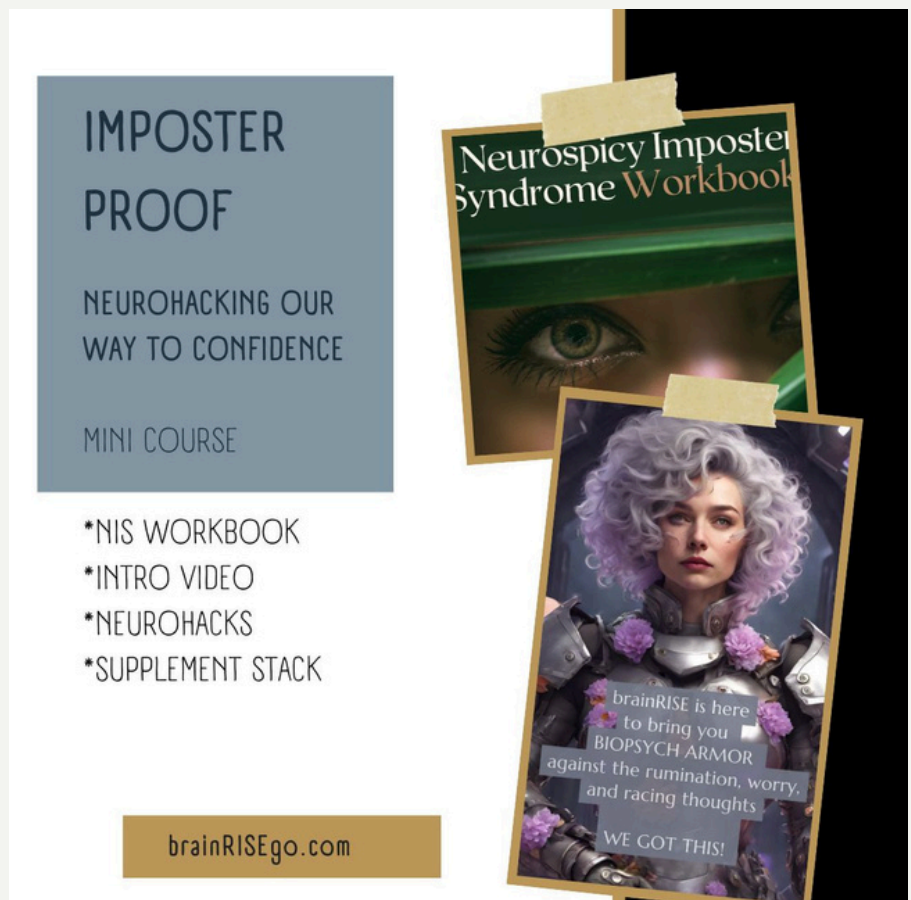
Workbook

- Intro to Neurohacking
- Supplement Stack

how you get it:

Click on the link below:

[CLICK HERE FOR ACCESS](#)



BONUS: the neurodivergent clubhouse

- ✦ Body doubling 3 times a week.
- ✦ Discord community (including a BIPOC-only server).
- ✦ Monthly group coaching.
- ✦ Guest expert workshops.
- ✦ Book club.

The price?

👉 You choose. 👈

Yup, it's pay what you
can.

See you there?

[join now](#)





May 2024

thank you for
perusing the
not a broken
neurotypical
bundle