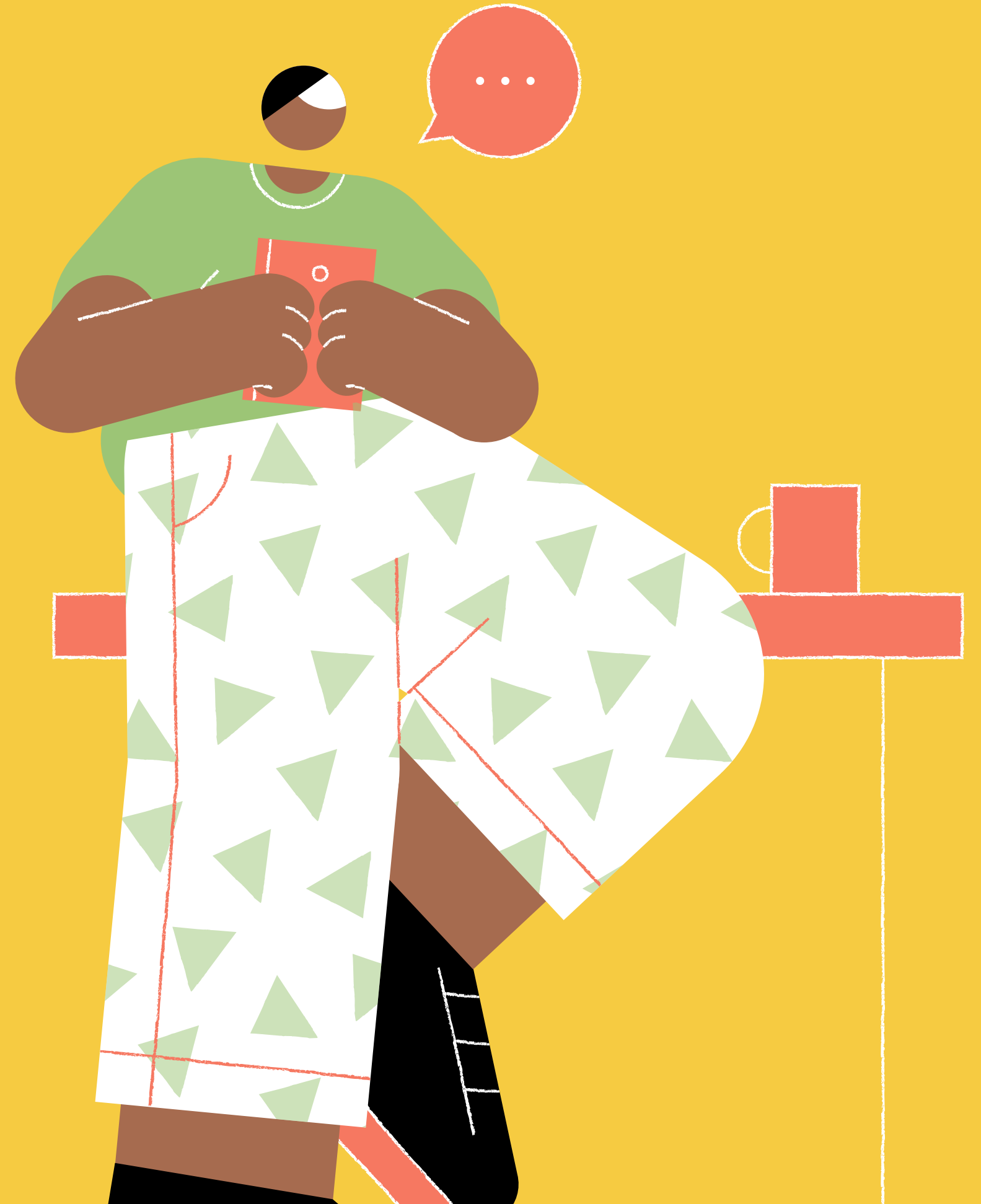


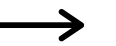
# how to get sh\*t done without burning out pt. 1

*with Megan Griffith, certified life coach*



let's chat! this is  
an interactive  
workshop, so let's  
get to know each  
other int he chat:

why are you  
here??  
(like, at this event,  
not existentially...lol)

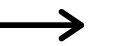


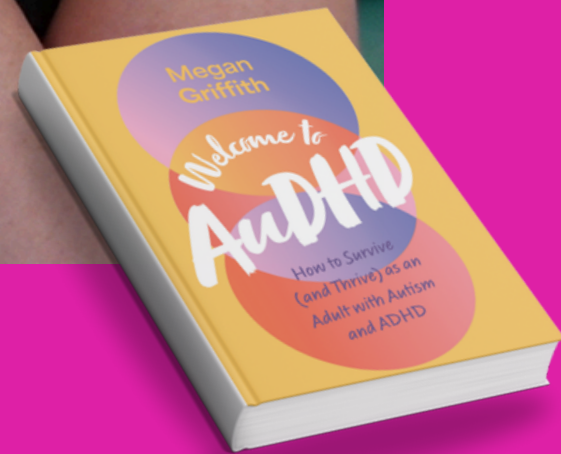
## more questions!

- where in the world are you watching this from?
- what are you hoping to get out of this event?

A cartoon character with a yellow face, wearing a red and white patterned top and a purple skirt, is holding a white sign with both hands. The sign contains the text "I can't wait to get to know you all!". The character has a simple, friendly expression with a small smile and a single eye visible. The background is a solid green color.

I can't wait to get  
to know you all!





# hi, I'm Megan!

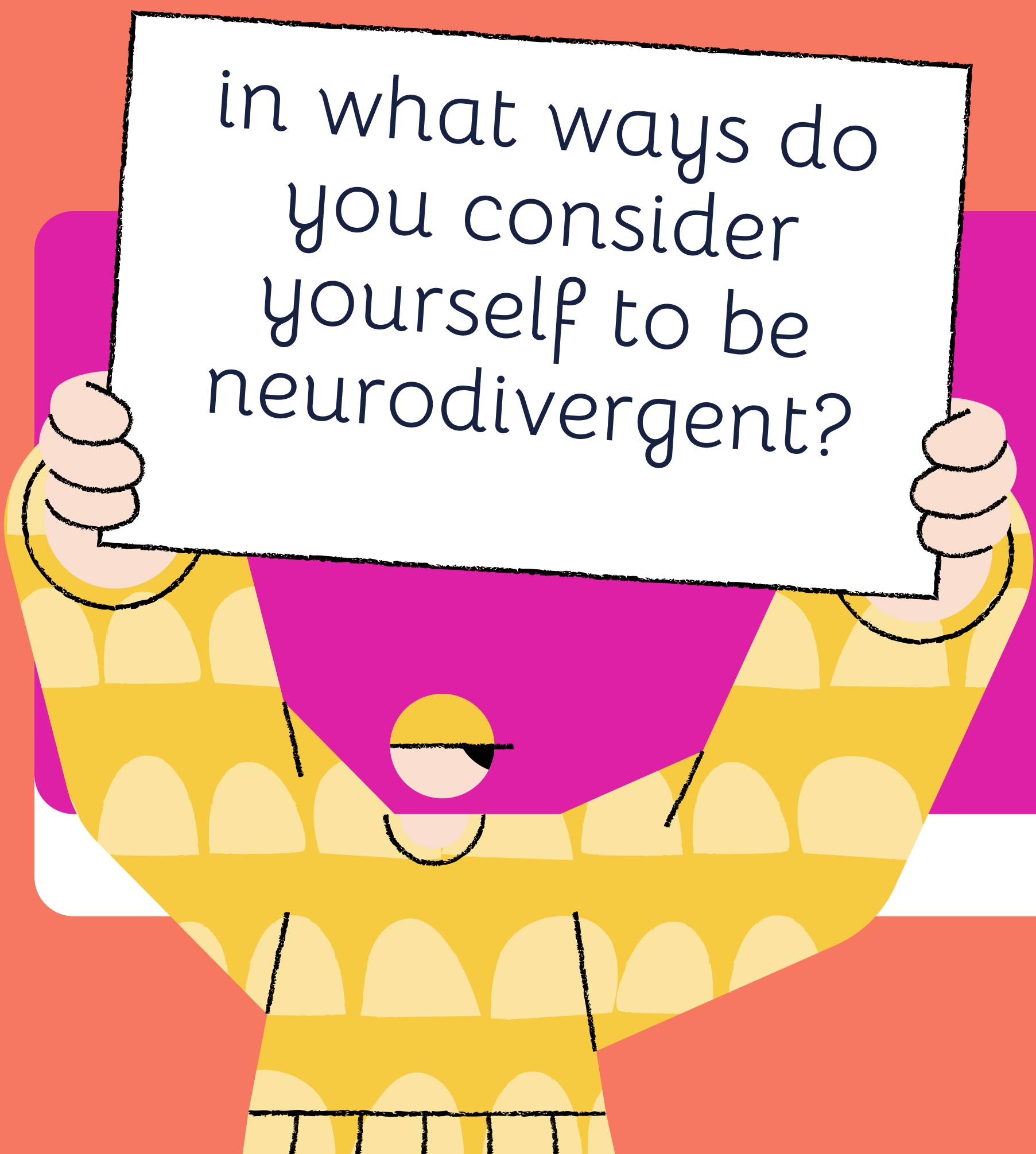
- autistic
- ADHD
- OSDD
- certified life coach & creator of the Get Sh\*t Done program
  - been coaching since March 2021
  - supported hundreds of clients since then
- author of Welcome to AuDHD, out now
- Gemini ☀️ Libra 🌙 Leo 📍
- mom of 3 (including a set of twins!)



@theneurocuriosityclub



@megmoxie

A cartoon character with a yellow body and a purple mask is holding a white sign. The sign contains the text: "in what ways do you consider yourself to be neurodivergent?". The character has a simple, stylized face with a single eye visible through the mask. The background is a solid orange color.

in what ways do  
you consider  
yourself to be  
neurodivergent?

# what we're doing here today:

- finding community (don't underestimate this part!)
- learning about WHY productivity is so hard for us
- exploring 3 possible solutions
- playing a guessing game 🤪



# get sh\*t done BINGO

Megan dropped the F-bomb	attended Monday's workshop	attended Tuesday body doubling	used one of the 3 productivity methods taught on Monday	booked a Discovery Call with Megan
introduced yourself in the Telegram group chat	submitted your guess for Workshop #2	watched a workshop replay	attended Thursday body doubling	got the Finch or Habitica app
got something done that you've been putting off for at least a month	shared your favorite productivity tip in the Telegram group chat	got on the waitlist for the full Get Sh*t Done program	took a shower at least once during this event	asked for support in the Telegram group chat
found a typo in any of the workshop slides	did the dishes at least once during this event	attended Wednesday's workshop	celebrated a productivity win in the Telegram group chat	asked for an accommodation at work or home
did NOT buy a new planner during this event	got at least 8 hours of sleep one night during this event	brushed teeth at least once during this event	gave my inner perfectionist a great big hug	attended Friday's workshop

don't forget to fill out your BINGO board, btw! there are priiiiiizes

# what is executive dysfunction?



executive dysfunction is like having a CEO in your brain with no calendar system, no secretary, and no office door.

everything just kinda...floods in, in no particular order, and your brain's CEO is helllllla overwhelmed.



# 8 facets of executive functioning (and how they can all go wrong)

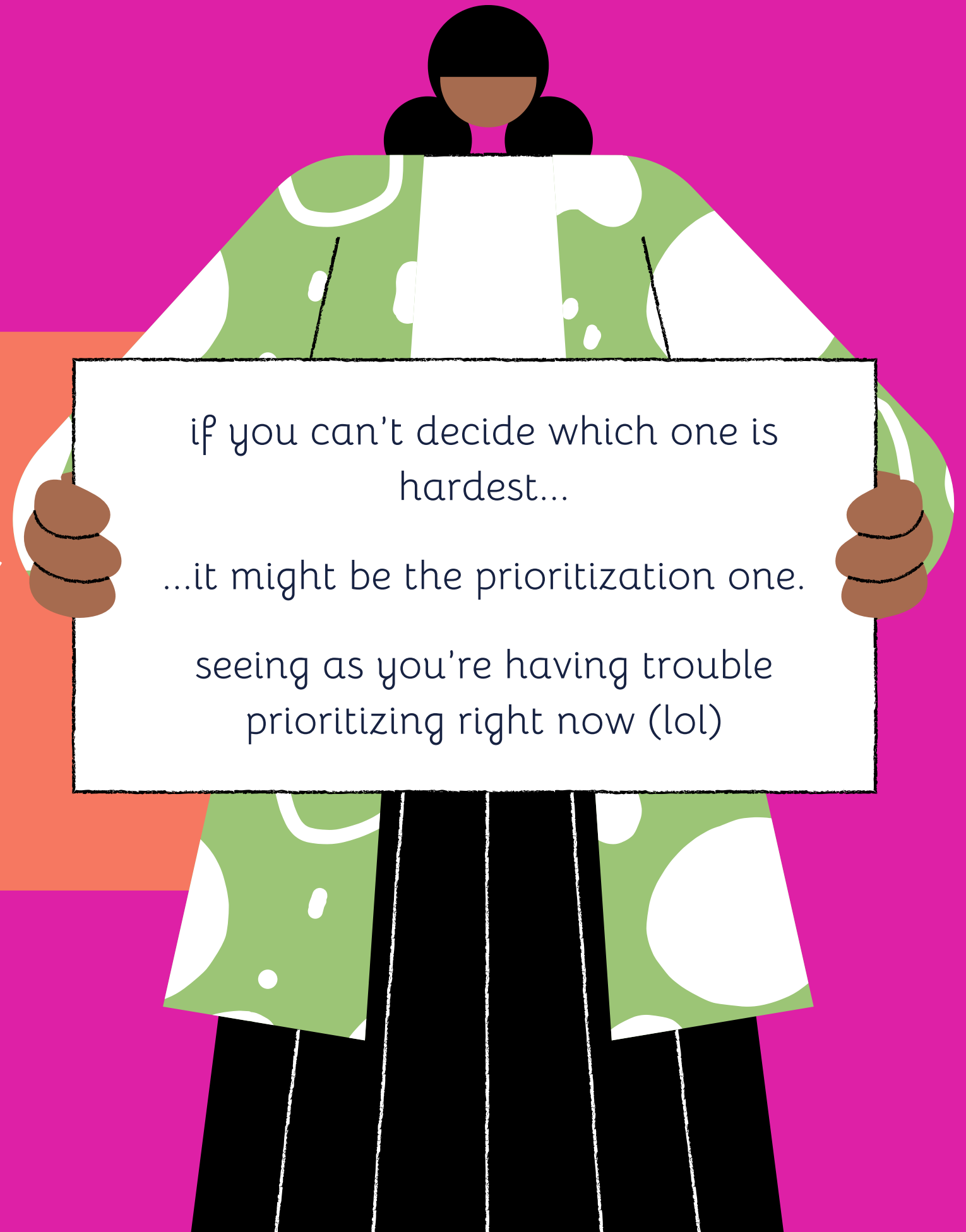
- emotional regulation
- impulse control
- flexible thinking
- planning & prioritization
- organization
- task initiation
- self-monitoring
- working memory

which one is hardest  
for you?

if you can't decide which one is  
hardest...

...it might be the prioritization one.

seeing as you're having trouble  
prioritizing right now (lol)



what now?

there is no cure for executive dysfunction. I cannot teach you to make it go away entirely. but that doesn't mean there aren't ways to cope. so let's talk about it.



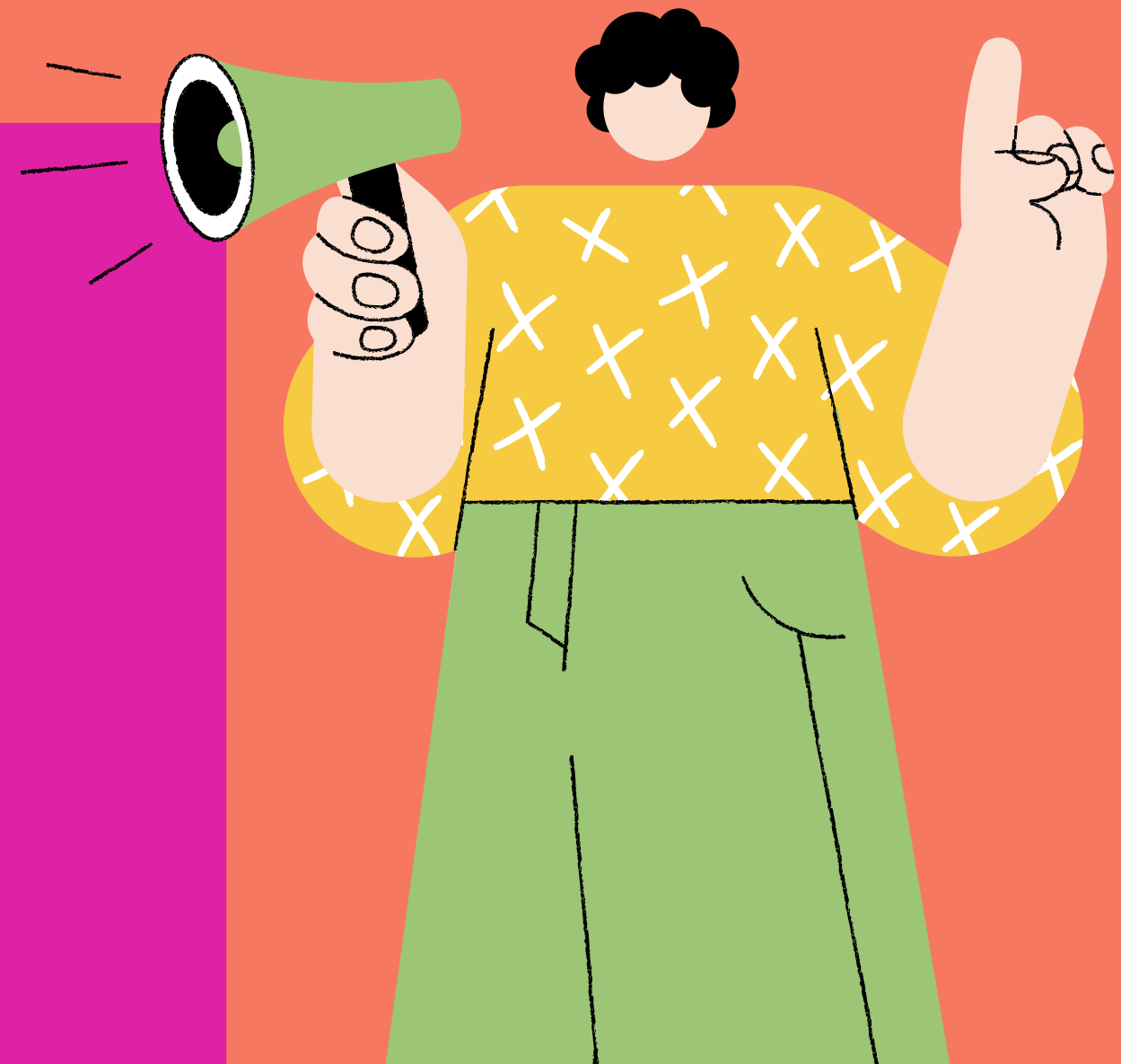
## strategy #1: the charcuterie board method

treat your to-do list less like a list of demands, like a meal and you're being told you have to "clear your plate," and more like a charcuterie board that you're SUPPOSED to just...browse and snack on what sounds good.

## strategy #2: productivity glimmers method

if you're ADHD, chronically ill, or hell,  
just HUMAN, you probably have triggers  
around productivity.

but what about your GLIMMERS??





## strategy #3: the booby trap method

inside you there are two wolves. one is hyperactive. one is impulsive.

your job?

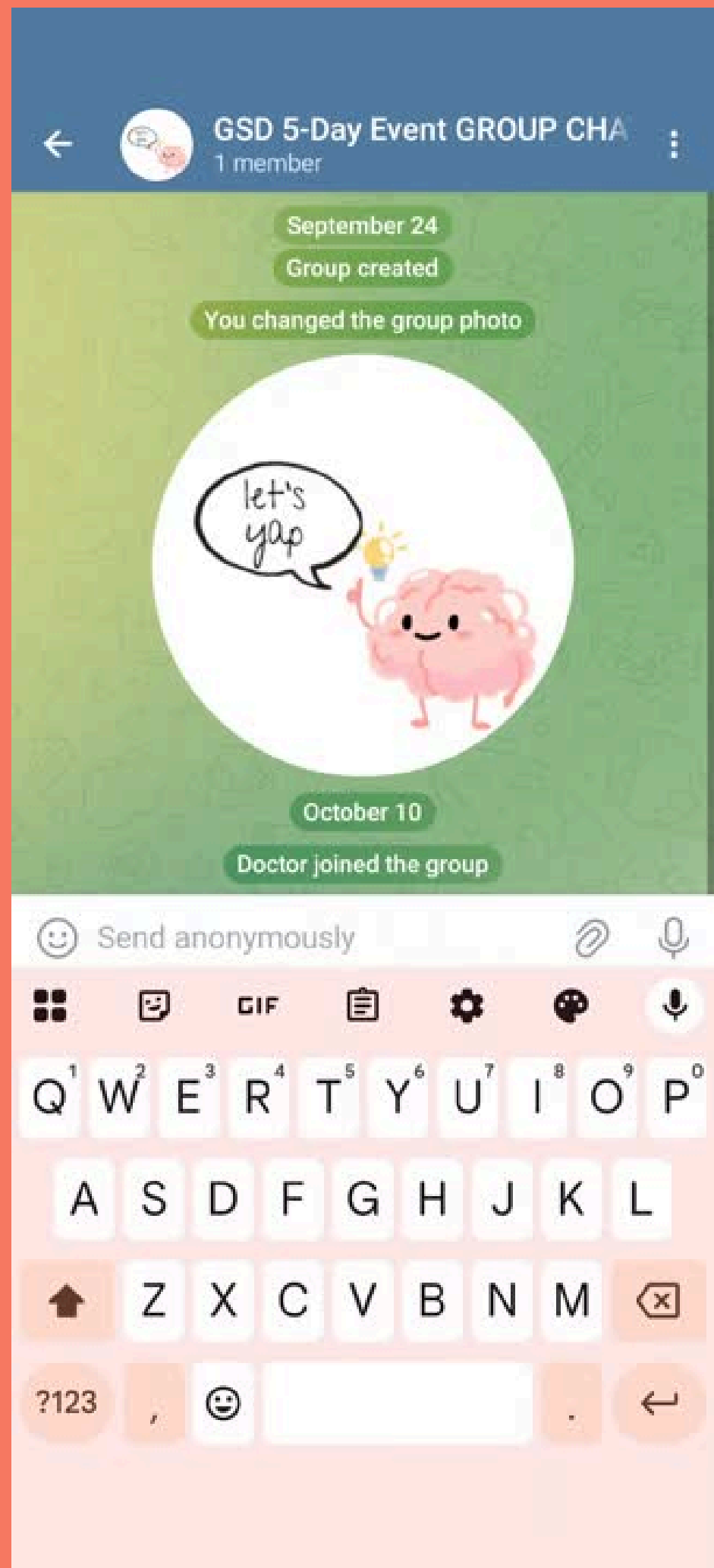
to create systems that promote impulsive hyperactive focus on the RIGHT things.

time for our guessing game!

what do these 3 methods have in common??

everyone who gets it right  
will...

win a **FREE** copy of my book, Welcome to AuDHD (or one of the other neurodivergent books I highly recommend, if you've already got my book!)



how to submit your guess:

in the Telegram group chat, type your guess,  
and add a #GUESS hashtag

## what's next:

Tuesday

body doubling!  
let's put some of  
this learnin' to  
use!

Wednesday

workshop #2:  
what works best  
for auDHD  
brains (and why  
it works)

Thursday

more body  
doubling! let's  
share the brain  
cell!

Friday

workshop#3:  
resources you  
need, prizes &  
giveaways

need more than  
5 days of this??



Join the November  
round of the Get  
Sh\*t Done  
program

Get Sh\*t Done with  
ADHD, Autism, & More

# what is it?

a 6-month group program focused on **productivity, executive dysfunction, and burnout.**

# what do you get?

- 💖 Our first call is **November 3**
- 💖 **Group coaching calls** take place **Mondays at 11am Eastern**
- 💖 **Skills calls** take place **Wednesdays at 11am Eastern**
- 💖 For an additional \$147, you can sign up for **weekly body doubling as well**, which takes place on **Fridays at 11am Eastern** (the option will be on the checkout page)
- 💖 Once you sign up, you'll receive the **calendar, Discord link (which is where all the Zoom links are stored), and all your bonuses**

get on the waitlist, doors  
open Friday:



<https://theneurocuriosityclub.com/gsd>



thanks for coming!!!

what's the biggest thing you got  
out of this? let me know in the  
chat!