

how to get sh*t done without burning out pt. 2

with Megan Griffith, certified life coach

let's check in

let me know in the chat:

where in the world you're watching from!

if you were able to implement anything you learned in
workshop #1 at body doubling yesterday

what you're hoping to get out of today's workshop



last chance!

submit your guess in the Telegram group

at Monday's workshop, we talked about 3
strategies for getting sh*t done

what did those 3 strategies have in common?

put your guess in the Telegram group chat now!



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!)



and the answer to our
question:

“what do all the strategies
taught in the first workshop
have in common?”

is...

they all prioritize

FUN

before you roll your eyes...

novelty

most ADHDers are motivated by novelty, new things, and fun is often new in some way, or at least different from brute forcing it

agency

a lot of autistic folks (especially PDAers) need agency. we need options and choice, and fun is often full of choices and freedom

effectiveness

finally, fun just plain WORKS. and if something works, we should do it, yeah? who cares if it's weird or "childish"??

think of productivity as
an autistic & ADHD
person like riding a bike:





let me know in the chat:

- 3 things that are fun to you
- 3 things that those fun things have in common with each other

how to not ruin fun

the fear:

- you take things you find fun and incorporate them into things you don't find fun, in order to make the not fun things more doable
- the fun things then become associated in your mind with not fun things
- the fun things aren't fun anymore either, and you're even more screwed than before.



the solution:
even MORE fun

yes, seriously.

fun outside of work

you need to not just incorporate fun into your work, but you also need to keep having fun outside of work too, that way it doesn't get corrupted

fun in community

have fun with others (either in work or just for play). even if you're autistic or more introverted, connecting with others is important for fun

fun experimentation

try new forms of fun! don't just stick to the same old same old (though of course don't feel the need to shove yourself outside your comfort zone)



what are 3 new ways you
could try to have fun this
week?

what's next?

Thursday

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

Friday

workshop#3:
resources you need,
prizes & giveaways

if you need more than just 5 days of support
around productivity...

THE GET SH*T DONE PROGRAM

what is it?

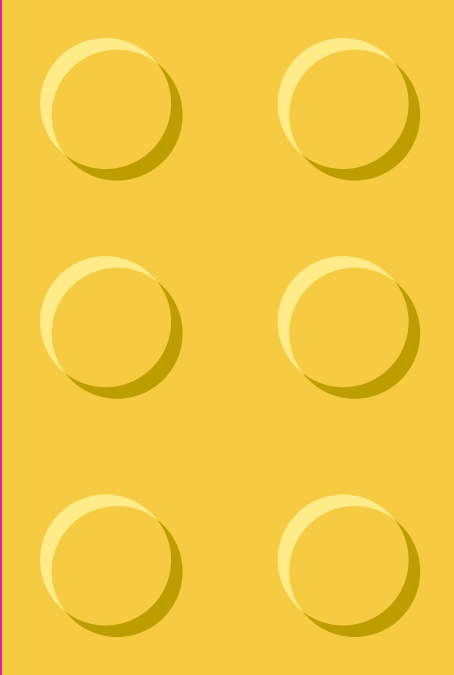
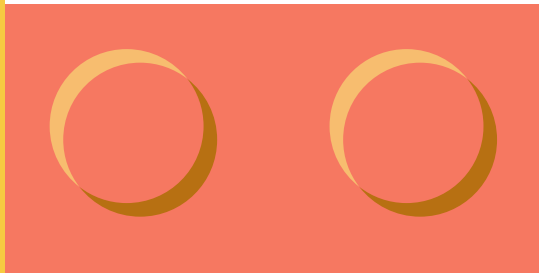
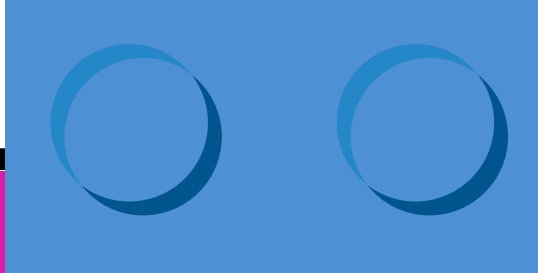
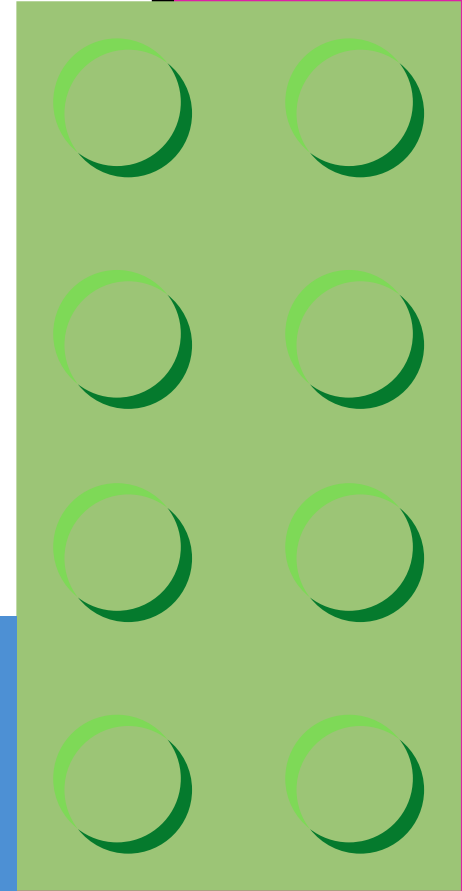
a 6-month group program focused on **productivity, executive dysfunction, and burnout.**

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**



the get sh*t done program is
NOT right for you if:

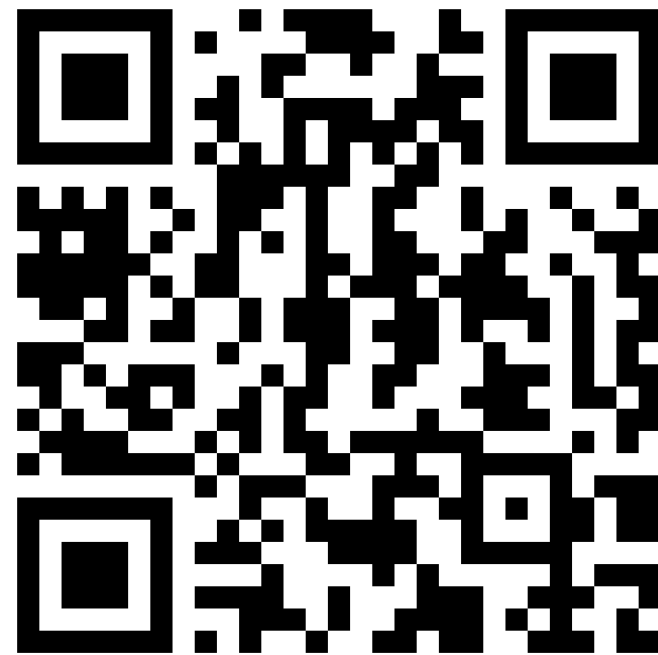
- you're a Neurotypical Nancy who hasn't related to anything we've talked about so far
 - groups just aren't for you
 - joining will put you in a place of financial harm in any way
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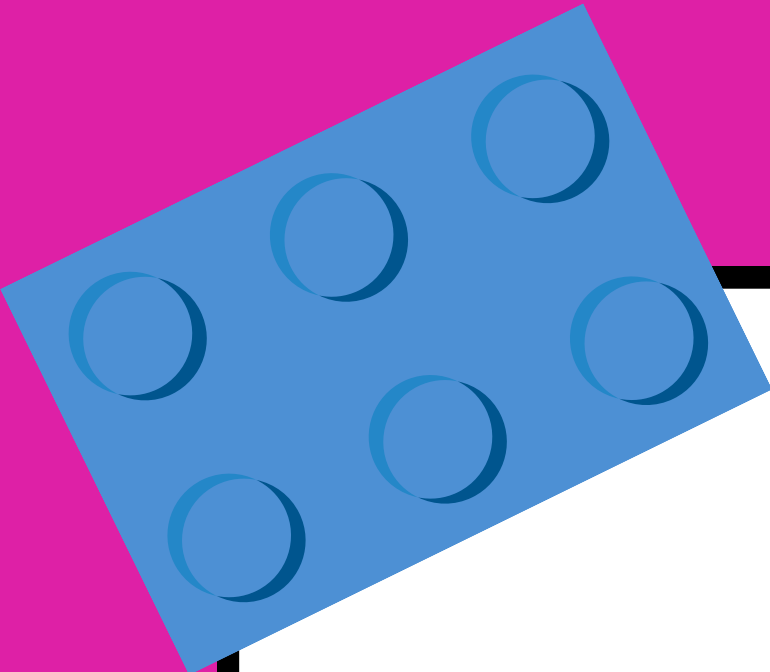
on the other hand, this is totally right for you if:

- you're autistic, ADHD, both, or suspecting either one (no diagnosis necessary!)
- you love sharing, either through talking or typing (text-based coaching is available on the Zoom calls in the program)
- you're just...done with struggling alone

get on the waitlist, doors open on Friday



<https://theneurocuriosityclub.com/gsd>



thank you!!!

what was your favorite part
of the workshop today? let
me know in the chat!

