A workbook for clarity, focus, & health habits that stick

Ignite Your GLOW

BY ALLISON STEINKE

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A note from an industry leader...

Allison has created something truly special with Ignite Your GLOW. This workbook isn't just about habits—it's about hope. It meets you where you are, without judgment, and helps you uncover the version of yourself you may have forgotten was possible.

For neurodivergent minds, change can feel overwhelming, but Allison's GLOW Method turns it into something encouraging and doable. Every page reminds you that progress doesn't come from perfection—it comes from compassion, curiosity, and one small step at a time.

This isn't just a workbook, it's a companion for anyone ready to step into health and confidence on their own terms. I am proud to stand behind Allison and the heart she's poured into this guide.

— Danielle Ralston
The Original ADHD Coach

Danielle Ralston is the founder of ND OutLoud, and has spent 25+ years as a Neurodivergent Coach, helping individuals and organizations embrace strategies that honor the way ND brains actually work.

Welcome & Introduction

Ignite Your GLOW is your space to reflect, dream, simplify, and build habits that actually fit your life. If consistency has felt impossible, the problem wasn't you—the system wasn't designed for your brain. This one is.

Set aside a few unhurried minutes each day to work through Ignite Your GLOW. Give yourself time to reflect, gain insight, and design a plan that truly supports you.

The GLOW Method was created for people who live with ADHD traits—diagnosed or not. Our brains are motivated differently from the neurotypical model. What often looks like "failure" is usually a mismatch in understanding, structure, and support—not a flaw in you.

How to Use This Guide

Ignite Your GLOW is intentionally simple, so you don't get bogged down in details. Use it anytime you want to build a new habit or refine an old one. Print it or complete it digitally—what matters most is taking the time to answer thoughtfully so you understand your patterns and design the supports you need.

What Is the GLOW Method?

G — Get Clear on What's Happening

Zoom out for a bird's-eye view. Define your long-term health vision and why it matters. Notice your energy patterns and how they're influenced by sleep, food, movement, environment, and daily rhythms.

L — Lock In Your Priority

Choose one goal that feels doable and energizing. ADHD brains love strong starts and quick dopamine—then motivation dips. Small, easy wins prevent the boom-and-bust cycle, and build momentum you can expand on later.

O — Organize Supports

Set yourself up for success. Identify people, tools, and systems that make the healthy choice the easy choice. Anticipate obstacles and decide how you'll handle them before they show up.

W — Work & Recalibrate

Expect to tweak. Our brains crave novelty and respond to interest and values more than distant rewards. When a habit stops fitting, adjust the size, timing, method, or support. Each adjustment is progress—not failure.

Day 1

G – Get Clear on What's Happening

We begin with the big picture: a bird's-eye view of where you are right now, and where you want to be. The goal is to understand your energy patterns so that the habits you build fit naturally into your life—rather than feeling like another chore.
If you'd like to dive deeper, I recommend keeping a simple 3-day energy log. This can give you surprising insights into how your daily choices and rhythms affect your focus, mood, and motivation.

Here's what to track:

- What time you wake up and go to bed
- The quality of your sleep
- What you eat (and when)
- How much water you drink (and when)
- Activities like exercise, screen time, work, or social interactions
- Your energy level and mood at each entry

Your notes don't have to be detailed—just enough to see patterns you might normally miss.

For example: "8:40 AM – Ate a bowl of cereal with milk. Still feel groggy."

A printable log is included in the resources section. Keeping a log is optional, but it will make the reflection questions below more powerful. Take your time and answer them as honestly and thoroughly as you can.

Day 1

Defining Your WHY for Healthy Change

Before any real change begins, it's important to pause and ask yourself why you want it. Lasting health isn't about willpower or someone else's rules—it's about having a vision that feels deeply personal and meaningful to you. This section is your chance to imagine what health truly looks like in your own life, and uncover the reasons behind it.
Take a moment to reflect honestly on the questions below. Your answers will serve as the foundation for your journey and keep you motivated when challenges come.

What is your personal picture of health? If you could say "I've arrived," what would that look like? Describe how you'd feel, how you'd look, and how this change would affect your thoughts.

Day 1

Why is this vision of health important to you? What areas of your life would it affect? How would it impact the people closest to you?

Are these desires rooted in your own purpose, or do they come from outside pressure? If pressure, where is it coming from?

Day 2

Rediscovering You

Sometimes the path forward begins with looking back and noticing where you are right now. Health isn't just about routines—it's about honoring the season of life you're in, and remembering the times you've felt most alive. Often, the answers you need are already within you, waiting to be rediscovered.

Use the questions below to reflect on your journey so far. They'll help you notice what has worked in the past, what you may need in this season, and what pieces of yourself are ready to shine again.

What season of life are you in right now? Do you need extra support or rest? Is it time for new beginnings and adventure?

Day 2

When have you felt your healthiest or most alive in the past? What helped you get there?

What strategies or habits worked before that you may have forgotten or abandoned?

Day 3

What do you want more of in your life right now? What area of your life feels most out of sync with your values?

If nothing changes, how might things look a month from now?

Day 4

If you kept an energy log, now is the time to review it and note any dips in energy and mood. Look for patterns and possible causes. The following are common energy drains:

- High carb, low protein meals and snacks
- Emotional drains
- Not enough movement
- Inadequate sleep, rest or activities that fill your cup

What time of day do you experience the most mental clarity?

When does your brain feel foggy or cluttered?

What time of day do you feel the most physical energy? The least?

Do you experience anxious energy at specific times of the day? If so, when?

Day 4

What are your biggest energy drains (e.g., social interactions, dehydration, overstimulation, too many carbs, not enough protein or healthy fats, lack of movement)?

When do you feel the most like yourself during the day or week?

What gives you energy (people, habits, moments)?

What is your biggest insight from reflecting on your energy patterns?

Day 5

L – Lock in Your Priority

Now that you have a clearer sense of where you are and where you want to be, it's time to choose one goal to focus on.
Here's the thing about the ADHD brain: when something excites us, we give it 100% effort with 100% enthusiasm. We're sure this is the thing that will finally change our lives. But then life happens, motivation dips, and suddenly the goal feels impossible. When we can't keep up, we feel like failures—and want to give up.
The truth? You're not failing. The system is. The solution is to start smaller than you think you should.

Small, doable goals create a ripple effect:

- They build confidence and momentum.
- They reinforce the belief that you can make meaningful change.
- They grow into bigger habits over time.

This is how success snowballs—like a line of dominoes. One small shift can spark unexpected changes in other areas of your life.
If you need ideas to get you started, check out the bonus resource: Suggested List of Goals.

ADHD-Friendly Habit Tools

ANCHORING Attach your new habit to something you already do consistently. For example, if you struggle to remember to take your supplements, and you eat an egg every morning, take your supplements when you eat your egg.

VISIBLE CUES Make the habit harder to miss. For example: Place your supplements by the egg carton so you see them right when you make your breakfast.

MAKE THE HEALTHY CHOICE THE EASY CHOICE Remove extra steps and reduce resistance. For Example: Put your supplements on top of the egg carton so you have to pick them up before making your breakfast.

OTHER EXAMPLES:

- Want to exercise in the morning? Lay out your gym clothes by the bed or in the bathroom the night before.
- Want to snack better? Put unhealthy snacks in hard-to-reach places, and keep healthy snacks front and center.

Day 5

What is one anchor I can return to each day?

What is the one thing I can keep consistent even when life feels chaotic?

What identity does this habit reinforce? For example, “I am a person who nourishes my body with good food choices.”

What’s bothering me most right now-fatigue, cravings, brain fog, skipped meals, late nights?

What would make the biggest difference with the least effort? (Think: eating breakfast, drinking more water, prepping snacks, creating a bedtime routine.)

Day 5

The habit I want to form is....

Is this goal aligned with the season I am in? (Stress, caregiving, poor sleep = supportive goals, not aggressive ones.)

Does this goal move me closer to the person I want to become?

Does it feel energizing or exhausting?

Does it feel doable?

Am I acting from pressure or from purpose?

Day 6

Gut Check

Did you Choose the Right Goal?

- Thinking about it makes you feel lighter.
- You don't dread doing it.
- It feels genuinely helpful, even in a small way.
- You can picture yourself doing it this week.

The right health goal doesn't demand perfection, it builds momentum.

What is your biggest insight from this section?

What do you want to carry forward?

It's time to get started building your new habit!

Day 7

O – Organize Your Supports

Now that you've chosen a goal, it's time to set yourself up for success by organizing the supports you'll need along the way.

The first and often most powerful support is human support. Having someone in your corner makes all the difference. Reach out and have an intentional conversation with a friend, family member, coach, or group. That way, when challenges come up, you won't feel alone or discouraged.

One especially helpful strategy is body doubling. This simply means working alongside another person—either on the same task or separately, but in the same space (in person or virtually). The presence of another person helps increase focus, motivation, and accountability.

Think about who could:

- Cheer you on and celebrate your wins
- Keep you accountable when your motivation dips
- Join you for workouts, meal prep, or grocery shopping
- Support you by not bringing tempting foods into the home

Day 7

Also, prepare for setbacks. Ask yourself:

- How do I usually respond when I struggle?
- What do I want my support person to remind me of in those moments?
- What can I say to myself when I feel like giving up?
- What obstacles might get in the way—and how can I address them before they become a problem?

Take a moment to outline the best ways a support person or support persons can help you, and then schedule a conversation with them. Share your goals, what helps you most, and how they can remind you of your “why” when things feel hard.

I am going to ask...

to support me in these ways...

Day 8

You've already proven you can start. Today proves you can continue. Consistency, not perfection is what rewires habits.

When I picture myself 30 days from now, how does sticking with this habit change my daily life?

Wins don't have to be big. Even if you struggle with consistency, did you learn something from the process? Did you have a positive mindset shift? What is today's win that you can celebrate?

Day 9

Repetition builds momentum. Even if today feels ordinary, you are training your brain to expect this new pattern.

What small sign shows me this habit is beginning to take root? Energy? Confidence? Ease?

What is today's win that you can celebrate?

Day 10

You're still near the beginning, and beginnings are the hardest part. Every time you show up, you're proving to yourself that this habit matters.

What helps me remember that why I chose this habit in the first place?

What is today's win that you can celebrate?

Day 11

Progress is often quiet. Just because it doesn't feel dramatic doesn't mean it isn't powerful.

Where am I tempted to dismiss my progress, and how can I celebrate it instead? What would celebrating my progress look like?

What is today's win that you can celebrate?

Day 12

Every repetition makes it easier. You are carving a path in your brain that will be harder and harder to forget.

What is one negative thought I tend to struggle with, and how can I reframe it into a perspective that supports growth instead of holding me back?

What is today's win that you can celebrate?

Day 13

W-Work & Recalibrate

This is the stage where many people feel discouraged or tempted to give up. We often start new habits with excitement and motivation, but challenges inevitably arise. Sometimes, the challenge is simply boredom.

It's important to remember that needing to adjust—or even completely change—a goal is not a moral failure. Our ADHD brains thrive on novelty, so it's natural to lose interest in doing things the same way for too long. When a habit starts feeling hard to stick with, that's your cue: it's time to work and recalibrate.

The questions below will help you uncover what's getting in the way and guide you toward a new plan that actually fits where you are right now. Just because a habit worked two weeks ago doesn't mean it's the right fit today. Sometimes you'll need a total reset; other times, just a small tweak will make the difference.

Fit & Function Questions

- Does this habit still align with my current goals or season of life?
- Is it too big or too vague?
- Does it match my natural energy rhythms (time of day, week, or cycle)?
- Could I simplify it or break it into smaller steps?

Day 13

Support & Strategy Questions

- Am I trying to do this alone when I need support or accountability?
- Would reminders, timers, or visual cues help?
- Do I need to revisit or reframe why I want this habit?
- What's something I've learned about myself during this process?

Take a few moments to look back at the questions you just answered. What patterns or themes stand out to you? Write down any insights, surprises, or recurring thoughts that feel significant.

Day 13

Decide What To Do Next

Based on what you've discovered, ask yourself:

Should I...

- Redesign the habit (make it easier, clearer, or shorter)?
- Change when or where I do it?
- Add a reward or cue to make it more motivating?
- Ask someone to help keep me accountable?
- Pause it temporarily and focus on something else?
- Try making the goal 20% easier?

Here is an example:

Habit: Daily morning walk
What happened: I skipped 4 days this week.
What I noticed: I've been exhausted in the mornings, and it's cold outside.
Next step: Move my walk to after lunch + play a 10-song playlist to make it more fun.

Write out your new action plan. If needed, revisit the first three sections (Get Clear on What's Happening, Lock in Your Priority, Organize Your Supports) to bring clarity and alignment.

Day 13

What is your biggest insight from this recalibration?

What do you want to carry forward into the next stage?

Day 14

What's Next?

How to Reuse Ignite Your GLOW

You've done the work of reflecting and setting intentions—now it's time to decide how you'll carry that forward. You have two powerful ways to keep moving:

Option 1: Maintain Your Momentum

Build on the progress you've already started. Choose one small, meaningful action you can take right now, and put it into practice. Use the bonus printable journal page (found in the resources section) to track your wins, note your challenges, and celebrate how far you've come. This steady rhythm of action and reflection will keep your growth alive in daily life.

Option 2: Reuse This Guide

Ignite Your GLOW is designed to be used again and again—each time helping you set aligned goals and uncover fresh insights. Whenever you feel ready for a reset, simply walk through the process again.

Day 14

How to get the most out of reusing Ignite Your GLOW:

Answer the Questions Again

- Revisit the journal prompts and reflection questions with fresh eyes. Write down your answers again and compare them to your last responses to see how your perspective or habits have shifted.

Choose One Small Action

- From your new reflections, pick one step to implement right away.

Track & Reflect

- Use the bonus printable journal page to record what worked, what didn't, and how you felt. Treat each attempt as an experiment—no failure, only feedback.

Repeat Regularly

- Return to this guide once a month, once a quarter, or anytime you feel stuck. Think of it like pressing a reset button—you'll always uncover something new to guide your growth.

Day 14

A Note from Allison

Please explore the Bonus Resource section and take advantage of the information and the templates provided.

If you would like deeper support, I offer options for every stage and budget—from a free Facebook group and free consultation, to a coaching community with accountability and encouragement, to one-on-one, personalized coaching.

The people I work with often tell me they experience more clarity, consistency, and confidence in caring for themselves, more energy in daily life, and more peace knowing that they don't have to do it all alone. Together, we create simple routines and supportive practices that fit into real life—without guilt, rigid rules, or overwhelm.

You can discover these offerings at www.hopeswhispers.ca. My heartfelt wish is that you fully embrace who you were created to be, and step into the healthiest, most joyful version of yourself—spirit, mind, and body.

Bonus Resource:
Shifting Negative Self-Talk

When spiraling thoughts or harsh self-talk show up, pause and ask yourself:

- Is this 100% true—or just a fear or story?
- Is this thought helpful or harmful right now?
- Would I speak this way to a friend?
- What's a kinder, more empowering reframe?
- What story am I telling myself about this?
- What do I know is true?
- Is there another way to see this?
- What part of this feels like an old wound speaking?
- Pause & breathe: Take three slow breaths, and notice how your body feels when you hold onto this thought.
- Future perspective: Imagine yourself five years from now—how would your wiser, future self respond to this thought?
- Create a mantra: Write a positive statement or reminder you can return to whenever this thought shows up.

Bonus Resource: Dopamine

Dopamine is a brain chemical (a neuromodulator) that plays a huge role in motivation, focus, and energy. When we do something enjoyable or meaningful, dopamine neurons fire, releasing dopamine into key circuits of the brain. This gives us that spark of motivation and drive.

For those of us with ADHD, the dopamine system is often dysregulated, which can look like:

- A lower baseline of dopamine (so everyday tasks don't feel as rewarding).
- A stronger pull toward big, immediate rewards.
- Difficulty sustaining dopamine signaling, which makes it harder to stay focused and motivated over time.

Dopamine and Blood Sugar: A Helpful Analogy

Think about what happens when you eat something sugary: your blood sugar spikes, you get a burst of energy, and then it crashes—leaving you tired and craving more.

Dopamine works in a similar way:

- Quick hits (like scrolling, gaming, binge-watching, or snacking) give you a spike.
- Soon after, dopamine drops, leaving you flat, restless, or wanting another "hit."

Just like with sugar, balance matters. Instead of chasing highs and crashes, we want to build steady, sustainable habits that keep dopamine more stable—so focus, mood, and energy stay consistent.

Longer Lasting Dopamine Builders

Here are some proven ways to elevate baseline dopamine and create a steady, sustainable flow:

- Quality sleep
- Non-Sleep Deep Rest (NSDR)
- Stay hydrated
- Good nutrition
  - Eat meals at regular intervals
  - Proteins are important, they contain the amino acids that help build dopamine.
  - Include healthy fats and complex carbohydrates
  - Don't skip the vegetables and fruits.
- Sunlight exposure in the morning (5–30 minutes depending on the weather). This also help regulate sleep at night.
- Movement you enjoy (exercise, walking, dancing).
- Cold exposure (like a cold shower). Just a few minutes of "uncomfortably cold" water can increase dopamine by 2.5x for several hours.
- Creative and engaging activities: singing, dancing, playing an instrument, creating art, journaling, gratitude, walking in nature, learning something new.
- Connection with others—spending time with supportive people who lift you up.

Quick-Hit Dopamine Sources (Spike + Crash)

Some activities give us a burst of dopamine but fade quickly:

- Scrolling social media
- Eating sugary/junk foods
- Online shopping
- Gaming
- Binge-watching shows
- Constant notifications
- Passive music listening (while multitasking)
- Impulsive spending

These aren't "bad" on their own—but they don't last.

How to Use Quick Hits Wisely

Quick dopamine bursts can actually be useful if you're intentional:

- Pair them with boring tasks (e.g., fun music while cleaning).
- When motivation is really low, use a quick-hit activity to get yourself started—then follow up with a longer-lasting dopamine booster like exercise, a walk, or cold exposure.

This way, you can use the short-term spark to your advantage, while still building a more steady baseline of motivation and energy.

Bonus Resource:
List of Suggested Goals

This list is intended to help you choose a goal if you feel stuck. Not all of these suggestions are appropriate for every person. If in doubt or if you have any conditions, please check with your primary care provider.

- Drink more water so that your urine is pale colored.
- Decrease caffeine intake to 2x a day.
- Decrease alcohol intake to one drink a week.
- Eliminate sweetened drinks.
- Increase variety in type and color of vegetables you consume, focus especially on dark greens.
- Eat a serving of fruit every day.
- Add a probiotic source to your diet such as kimchi, live sauerkraut, or kefir.
- Increase your use of herbs and spices.
- Remove processed meats from your diet.
- Add beans or lentils to meals at least 3x a week.
- Remove trans fats and vegetable oils such as canola, corn, soy, cottonseed, grapeseed, safflower, and sunflower oil from your diet.
- Use fats such as coconut oil, grass fed butter or ghee in small amounts or extra virgin olive oil.
- Eat only unrefined carbs such as whole grains and starchy vegetables.
- Create an exercise routine.
- Increase movement throughout the day.
- Create a healthy sleep routine
- Create a routine or system to manage stress.
- Begin to eat mindfully.
- Make time for something you love.
- Add dopamine boosting habits into your daily routine. See Bonus Resource: Understanding Dopamine

Bonus Resource:
Activity, Nutrition & Energy Log

TIME	NOTES	MOOD	ENERGY

Date:

Remember; the goal is progress, not perfection.

Length & quality of sleep:	How well was I hydrated?	How well was I nourished?

Today's Win!

A challenge from today:

Takeaways:

Date:

Remember; the goal is progress, not perfection.

Length & quality of sleep:	How well was I hydrated?	How well was I nourished?

Today's Win!

A challenge from today:

Takeaways: