

# 370: Attention Deficit: the Superpower!

## 10 Point Checklist

### Dr. Edward Hallowell

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**"I don't treat disabilities. I help people unwrap their gifts because the gift won't unwrap itself."**

**DR. EDWARD HALLOWELL**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Develop structure and neat habits — and maintain them. To stay organized, get in the habit of taking notes and writing lists. Then, maintain my newly organized structure with regular, daily routines.
- Use a calendar app or day planner to stay on top of the important things. Set up automatic reminders so scheduled events don't slip my mind.
- Follow a strict schedule and a routine. Allot limited amounts of time for each task and use a timer or alarm for when my time is up. For longer tasks, consider setting the alarm off at regular intervals to keep me productive and aware of how much time is going by.
- List down the top priorities for the day, week, and month. Decide what to tackle first and take things one at a time.
- Learn to say no and set healthy boundaries. Saying no to certain commitments may improve my ability to accomplish tasks, keep social dates, and live a healthier lifestyle.
- Save the big ideas for later. Jot down on paper or a smartphone all the great concepts or random thoughts that keep popping into my head and distracting me for later consideration—schedule time at the end of the day to go through all the notes I've made.
- Find ways to stretch my attention span. For example: Take notes during a meeting to help me stay focused. Or squeeze a stress ball during a session. Or taking a walk or jumping up and down during a meeting break to help me pay attention later.
- Exercise and spend time outdoors. Working out is perhaps the most positive and efficient way to reduce hyperactivity and inattention from ADHD. In addition, exercise can relieve stress, boost my mood, and calm my mind.
- Get plenty of sleep. Sleep deprivation can increase symptoms of ADHD, reducing the ability to cope with stress and maintain focus during the day. Simple changes to daytime habits go a long way toward ensuring solid nightly sleep.
- Eat healthily. While unhealthy eating habits don't cause ADHD, a poor diet can exacerbate symptoms. Making simple changes in what and how I eat allows me to experience big reductions in distractibility, hyperactivity, and stress levels.
- Practice mindfulness. Meditating regularly can help resist distractions, lower impulsivity, improve focus, and provide more control over one's emotions. Since hyperactivity symptoms can make meditation challenging for some people with ADHD, starting slowly can help.
- Visit Dr. Edward (Ned) Hallowell's [website](#) for more information about ADHD. Also, follow him on [TikTok](#), [Twitter](#), [Instagram](#) and [Facebook](#) for short clips of different aspects of ADHD.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/attention-deficit-the-superpower-with-dr-edward-hallowell/>