

ADHD BRAIN AFFIRMATION

I have a rich imagination and I can use that to visualize my best future in detail. I can re-visit that visualization any time I lose motivation.

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I am not attention deficient, I am attention *different.*

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I worry about future events I can't control, but history has shown I actually perform incredibly well under pressure. I'm great in an emergency. I need to remember that.

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I'm not afraid to ask the hard questions - of myself, of others, and of institutions and authorities. I value integrity above protocol & tradition.

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I'm a life enthusiast. New adventures and experiences make me feel most alive. I refuse to live my life on autopilot.

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I intentionally seek external help and support on practical tasks so I can live harmoniously with others.

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When I'm in hyper focus, I'm highly efficient and make lightning fast connections.

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I may run out of energy midway through a project, but if I have support and know I need accountability, I can push through to complete something really special.

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I'm a natural philosopher and I remind myself that the world has been greatly transformed by those who dare to keep asking *why* and *what if*.

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I have a surplus of attention, not a deficit. I am learning to powerfully direct it.

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I'm not always indecisive... sometimes I just get stuck in divergent thinking.

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My hyper focus is my super power. I can make incredible things happen in short timeframes.

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My emotions are a powerful motivator. Regular visualization practice is the key to habit consistency. Ask: how do I want to feel? Why do I want to feel this way? Allow myself to imagine it deeply.

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I am intensely curious, and have a rich inner world full of creative, vibrant ideas.

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I'm not afraid to question the norm, and therefore I conceptualize and innovate in a way that others don't.

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I will continue to examine, uncover and innovate pathways that make the world safer and more abundant for people everywhere.

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