



let yourself shine in 2009

ADD Resources teleclass series

Linda Roggli, ADDiva.net
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Putting "Feet" Under Your Dreams

Setting the Stage for Success

Choose from the smorgasbord ...

OK, you've let yourself dream. Wandered around in the world of Infinite Possibility. **You discovered some juicy options.** A LOT of juicy options.

But you have roughly 365 days in this year. Despite your Super ADHD intentions, **you literally cannot take on all the possibilities** that have touched your heart or re-energized your enthusiasm.

Think of your dreams as a smorgasbord of tempting food prepared especially for Who You Really Are. It has taken months, years, to create this particular array of food and you are starving.

Your impulse may be to feast on the first tantalizing dishes you see. But if you fill up on appetizers, you'll soon lose your appetite for those satisfying dessert-dreams at the end of the table.

At the end of the year, you may be disappointed that you still haven't made much progress toward your deepest dreams. Your ADD-ish tendency to focus on whatever is in front of you has cost you yet another year of your life.

But not this year. In 2009, you are allowing yourself to SHINE.

And that means remembering what is important to you and making ... are you ready?... CHOICES.

The agony of saying "no"

ADHD folks love choices. But **we aren't crazy about making decisions** from those choices.

It's not surprising, given that ADHD brains are built to take in more, More, MORE information. It's counterintuitive to narrow the options – something akin to playing in the Linear World – ugh!

Since you know that your dream smorgasbord is too much to ingest at one sitting (or in one year, in this case), it makes sense to do some portion control. And like a low-cal diet, that means saying the dreaded "N" word – NO.

Why do we hate "No" so much? Because it forces us to give up something we love ...or think we MIGHT love.

The good news is that this year you can make choices/decisions without giving up the other alluring possibilities on your Dream Smorgasbord. You don't lose them. You simply admire them from afar. For this year ONLY.

What bubbles up more than once?

As you have played with possibilities during this class, there were probably some ideas, **some dreams that were more compelling** than others. Some that seemed more frivolous or far-fetched.

In fact, some of the “far fetched” dreams may be the ones that bubble up again and again in your consciousness. PAY ATTENTION. Ideas that you dismiss as ridiculous may be the very dreams that pull you forward into your highest being.

So **notice the themes of your life**. The obvious “of course I should do that” themes may not be the “heart” themes. Let’s pretend that one of those ‘ridiculous’ dreams is *writing a book*. Here are some questions you might ask yourself:

What is it that you love about writing? The solitude? The creativity? The self-expression? Do you want other people to read your words? Are they yours alone? Does writing help you sort out your thoughts and feelings? Does a particular form of writing flow for you? Do you craft dialogue in your head even when you aren’t putting words on the page? Do you like being the observer of life? Do you love writing to help others?

As you hone the answers to these questions, you can **carve out a section of your Dream Smorgasbord that is right for 2009**. And as that section becomes clearer, you will begin to see the pieces and parts that make up your dream.

To continue the example of writing, your goal may be to write a book or submit articles to *The New Yorker* magazine. From those intentions, you can create smaller steps: taking a fiction writing class or hiring a book coach.

Your **intentions may span several areas**: you may plan your vacation (relaxation time) around a writing retreat or mountain getaway that inspires you.

Three steps at a time

You may have heard the advice of time management consultants to **put only three items on your daily To Do list**. A few activities are more likely to be completed, thus reinforcing a feeling of success.

Use the same principle for your Shine in 2009 intentions. In each of the seven areas of your life (seven is another sacred number), **set out three goals that move you toward your chosen dreams**.

The three goals do NOT have to be toward the SAME dream. Our ADHD tendencies actually like **to juggle several dreams** (not ALL of them, mind you) so you don’t get bored.

You can get too scattered, though. If you pursue too many avenues, you may lose yourself again. Know what is realistic for your ADD brain.

Specific; measurable; in time and realistic

Your 27 intentions (three in each of nine areas) will fall flat if they are vague and open-ended. **“To get in better shape”** is a laudable goal, but the framework is too loose.

Each of your intentions needs to be specific and measurable: **“To have a body fat ratio of 22%.”**

And each one needs a pinpoint time frame: **“To have a body fat ratio of 22% by 4 pm December 23, 2009.”**

If your body fat ratio is now 33%, setting a goal of 22% body fat might be an unrealistic goal for you UNLESS that will be your primary focus for the entire year. Food, exercise, weight training – they **take time and focus**.

You can certainly choose a BIG GOAL, but know that your other goals will need to be proportionately smaller to allow room to execute the necessary steps.

Plug them in, then let them “ripen”

Jot down your intentions/goals for 2009, work with them a while, then **put them away for 24-48 hours**. **Pull** them out again the day of our next class to see whether they really fit (or whether you just wanted to get DONE!!).

Wiggle yourself into your intentions – let **your imagination take you into the action** of your intentions. How does it feel? Overwhelming? Too big? Then scale back a bit – if you finish a smaller goal, you can always add on later!

The point is to **allow yourself to SUCCEED this year** with your ADD-ishness intact. You have had enough failures, enough discouraging words. You need a bright future, **optimism without hesitation**.

Include inevitable breakdown

As you plot out your year, mindful of your ADD, your dreams, your time and your energy, **know that there will be breakdowns**.

What’s a breakdown? Missing a deadline. Getting the flu when you were supposed to go to your first singing lesson. Bogging down in other projects so that your dream intention fades into the background...for months.

Breakdown WILL happen. Sometime. Somewhere. Your intentions will get off track. So **know and accept that going into your year**. When breakdown shows up, you can say “Oh here’s that breakdown I’ve been expecting. Thank goodness it’s here so I can get past it.”

Breakdown does not equal defeat

Every **breakdown you encounter is an opportunity for change and growth.**

If you bump your head on the closet door (breakdown), you realize that you'd better close the door next time (change) to avoid pain next time (growth).

If you leave the door open again, you'll likely get the same breakdown and the same lesson/opportunity until you decide you've had enough pain. Then you make changes and grow.

As an ADHD adult, you have probably made repeated efforts to change your life. And many times you have fallen short of your goals. Setting out on a new journey for a new year may bring up **anticipation mixed with an undercurrent of pessimism and doubt.**

A psychologist once said that **doing the same thing again and again expecting a different result is the definition of insanity.** If you enter 2009 with smile on your face but a skeptical eyebrow in your heart, you will absolutely 100% create failure again. That's insanity.

If you recognize that breakdown does not equal defeat, however, you are **creating a new reality for yourself.** You are breaking free of the same-old-same-old rut. That's the place dreams come to fruition.

Linda-isms

"Think once, really hard (about a subject). Then you don't have to think about that again."