5 THINGS I WISH YOU UNDERSTOOD ABOUT MY ADHD



1 ADHD looks different in everyone.

My challenges and strengths are unique to me.

2 If I don't write it down, I might forget it.

Reminders and notes help me stay on track.

Small notes make a big difference!

3 When I interrupt, I'm not trying to be disrespectful.

Sometimes I'm just so excited about an idea that I can't wait to share it.

4 Trying harder isn't always the answer.

Help me find a different approach that works for the way I learn.

Different strategies = bigger success!

5 Being organised takes extra effort for me.

I need tools and strategies to help me stay organised. It doesn't mean I don't care.

PLAN

Plan

Tools

Support

Same brain ♥ Different journeys ♥ All valid