

STELLAR *Life*

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ADHD as a Superpower

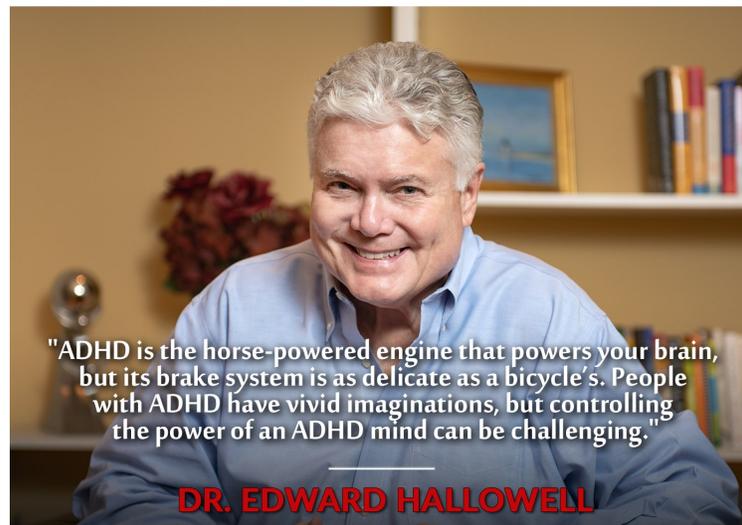
10 Point Checklist

Dr. Edward Hallowell

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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10 STEPS YOU CAN TAKE TODAY

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

- Discover which behaviors are defined as ADHD and which are not. Read Dr. Edward “Ned” Hallowell’s book, [Delivered from Distraction](#).
- Seek guidance to help you learn how to organize, plan, and follow through. Gain support in your areas of struggle, and devote your energy to areas in which you excel.
- Reframe ADHD as a gift, not a disability. Remember, ADHD isn’t a weakness, but an opportunity to unwrap your unique talents and unleash your superpowers.
- Change your lifestyle by correcting your sleeping patterns, eating and exercise habits, and through building positive connections.
- Understand how your body reacts to my ADHD medication. If your meds help you to focus, continue to take them. However, if they have detrimental side effects, discontinue them.
- Utilize your creative outlets daily. This can help you thrive. For example, cooking, writing, gardening, and building can all help you focus your ADHD.
- Free yourself from shame for seeking help. Help with ADHD isn't an excuse to avoid responsibility, but a way to remind you: "It's not your fault."
- Rid yourself of anger and resentment. Learn to forgive yourself and others. Forgiveness is the ultimate gift.
- Embrace your mind’s beautiful chaos. Your brain is incredibly active and creative. The challenge lies in channeling ADHD energy to achieve your goals.
- 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.