

T H E A D H D A L C H E M I S T



FROM STUCK TO SORTED:

A Simple ADHD Productivity Hack

**BREAK FREE FROM OVERWHELM &
FOCUS ON WHAT REALLY MATTERS!**

WWW.THEADHDALCHEMIST.CO.UK



THE ADHD ALCHEMIST



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FOUNDER OF THE ADHD ALCHEMIST

Hi, I'm Keren, a self-diagnosed ADHDer and entrepreneur with a brain that never stops! I thrive on those electric days of hyperfocus, fuelled by passion and endless ideas. But then... there are the days of total paralysis, procrastination, and feeling completely stuck. Sound familiar?

Here's the thing - our ADHD brains are wired for interest. The more something excites us, the more likely we are to do it. That got me thinking... how much of what we do daily actually sparks that dopamine hit we crave?

So, I created this simple productivity hack to help both of us break free from the overwhelm and start working with our brains, not against them. Making productivity ADHD-friendly - because we deserve to feel a sense of achievement without the burnout!

ADHD BRAINS AND OUR PRIORITIES

ADHD BRAINS CRAVE STIMULATION,
BUT WE OFTEN FIND OURSELVES:



WASTING ENERGY ON TASKS THAT
DON'T TRULY MATTER



GETTING STUCK IN OVERTHINKING
INSTEAD OF TAKING ACTION



FEELING EXHAUSTED BUT
UNPRODUCTIVE

INSTEAD LETS REVERSE IT!



CHANNELLING OUR ENERGY INTO
TASKS THAT EXCITE AND MOTIVATE
US



MOVING FROM OVERTHINKING TO
INSPIRED ACTION WITH EASE



FEELING ENERGISED,
ACCOMPLISHED, AND IN FLOW



THE SOLUTION



The **80/20 Rule** helps you **focus on the 20% of activities that create 80% of your results** - whether at home, in business, or in daily life.

***The Pareto Principle, also known as the 80/20 rule is named after Italian economist Vilfredo Pareto*

STEP 1

Task Audit – What’s Taking Up Your Energy?

➤ Write down **EVERYTHING** you do in a day—household chores, emails, errands, social media scrolling, meal prep, work, self-care, etc.

➤ Pro Tip: Don’t overthink this - just brain-dump!



STEP 2

Identify Your 20% (Your Energy Boosters & Game-Changers!)

Go through your list and **highlight** the tasks that:

- ✓ Energise you and bring joy
- ✓ Move you closer to your goals (even small ones!)
- ✓ Have a meaningful impact on your life, family, or work

These are your 20% tasks



STEP 3

Let Go of the 80% (Your Energy Drainers!)

Cross out or reduce time spent on tasks that:

- ✗ Drain your energy and feel like a chore
- ✗ Keep you “busy” but don’t move you forward
- ✗ You feel pressure to do, but they don’t actually serve you

Ask yourself:

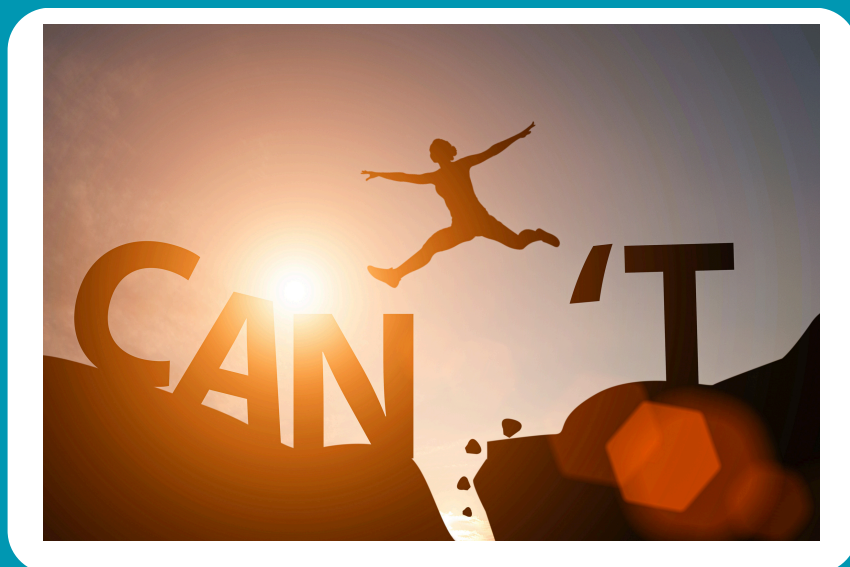
- ➔ Do I really need to do this?
- ➔ Can I delegate or simplify it?
- ➔ Is this just a distraction?



STEP 4

Make ADHD-Friendly Changes!

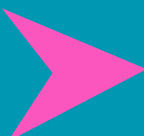
- Create a “Non-Negotiable” List – Prioritise at least one 20% task daily
- Use **Timers** & Accountability – Set a 10-minute timer to start your key tasks.
- **Reframe Your Mindset** – Let go of guilt for NOT doing things that drain you!
- ADHD brains THRIVE when we **make things simple** & have **variety**



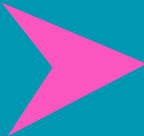
NEXT STEP



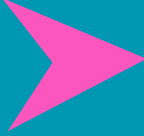
Want to Break Free from Overwhelm for Good?



Sometimes, we hold onto patterns of overworking, avoidance, or perfectionism - without realising these are old subconscious beliefs keeping us stuck.



Belief Coding® helps you clear the mental blocks stopping you from making progress, so you can finally focus on what truly matters.



Want to work on this together? I offer personalised Belief Coding® sessions to help you shift these patterns for good



DM me or visit www.theadhdalchemist.co.uk to book a session!





**“Creativity is
intelligence
having fun.”**

Albert Einstein

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