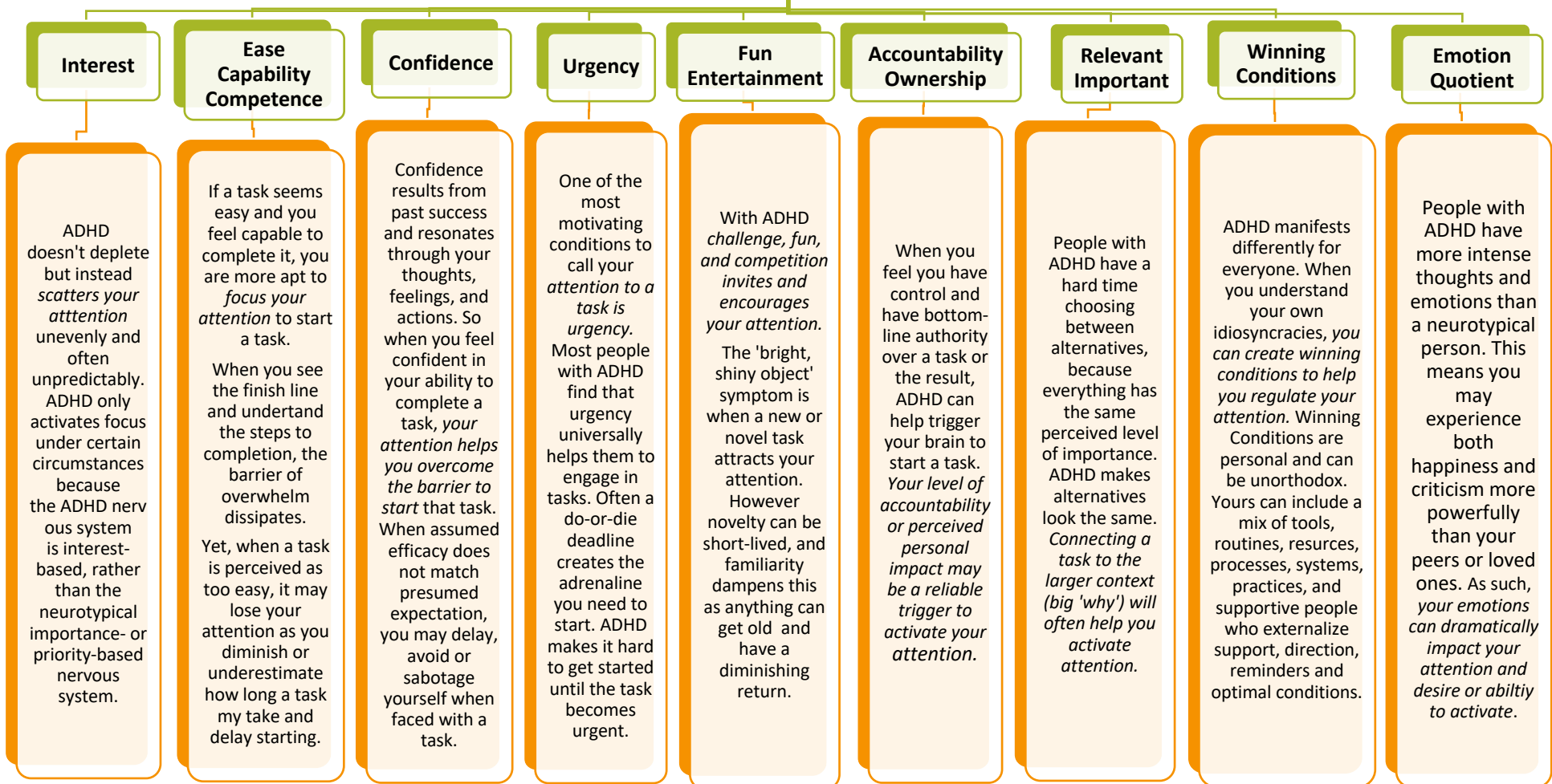


Activating, Initiating & Managing Energy with ADHD

Factors that can impact your motivation to do things



Instructions: If you're struggling to start a task, use these questions to help pinpoint factors affecting your attention. The lower your score, the more likely this factor may cause you to distract and/or avoid it. Use your lower scores to determine which factors to brainstorm ways to help you increase your score.

Factor Score out of 10	Questions To Assess Your Motivation/Activation Gap	Factors to increase my score.
Interest 	- Does this task interest me? - What is interesting about it? - Do I WANT to do this task? Do I WANT the outcome of doing this? - What is interesting about it? - What's my WHY? - In what context does this task interest me?	
Ease, Capability, Competence 	- How easy is this task to complete? - Am I capable of doing it? - Do I have the skills to do it? - Is it too big? How can I make the goal smaller or more achievable? - What baby step can I take now? - What is the very first step I need to take? - Am I struggling with perfection?	
Confidence 	- What is my overall level of self-confidence? - How confident am I in my ability to complete the task at hand? - How can I build more confidence with this? - What support do I have? - Do I have another resource available?	
Urgency 	- When is it due? - How much time do I have? - How urgent is it? - What can I do in the time I have? - How long have I put off starting? Am I creating urgency to get it done? - If I don't do it now, when?	
Fun Entertainment 	- How entertaining is the task at hand? - Do I enjoy or look forward to it? - Will it be fun? What is the payoff I'll receive if I do it? - How can it be gamified or made more playful? - What ways can I make completion more compelling? - How can I celebrate when I finish?	
Accountability Ownership 	- Is this project, task, responsibility or result mine? - Does this task belong to me? If not, what is my part of this task? - What do I have control over? Is it shared? - What is my bottom-line authority over the result? - Do I have an impact?	
Relevant Important 	- What's my perspective? - How important is the task? - What is important to me about this? - What bigger goal does this task serve? - What is a context to which I can connect? - How can I connect this task to a bigger picture?	
Winning Conditions 	- What's not complete? - What tools, processes, systems, practices, and/or people can help? - How can I get support, direction, and clarity? - What helps me do it? - How can I create more optimal conditions?	
Emotional Quotient 	- How do I feel right now? - What is my current emotional setpoint? - How can I shift my state? - How passionate am I about this subject? - Is an emotional block or hurdle in the way?	