

Tackle Repetitive Tasks

Repetitive and boring tasks are the bane of most ADHD folks. It can feel like torture, yet is still an important part of managing our lives.

- Set deadlines to create structure and keep you on task.
- Use last minute pressure to get energized and stay focused, if there isn't too much danger of disaster striking if you run over.
- Delegate it away, if possible.
- Do it in small bits that feel less taxing.
- Work with someone else if the company will make it more enjoyable and keep you on task.
- Create variety by rotating through several activities. The variety is more enjoyable and the time is still being spent productively.
- Set up rituals to create consistency, like always paying bills on Sunday nights.
- Set up a timer with a specific amount of time that you will do the task before taking a break.
- Keep in mind the cost of not following through.