

Stay Focused on Long Term Goals

Long term goals are especially difficult for most ADHD folks since they do not loom as large in their consciousness as more immediate concerns and distractions do. It's not that they are unaware of these goals or don't want them, but rather that they are continually pushed from the present moment into some future moment—later, tomorrow, next week—and thereby potentially postponed into oblivion. So the trick is to find ways to keep these future goals in mind in the present.

- Post a picture of the desired goal to serve as a reminder.
- Put up a note to yourself as a reminder.
- Break long projects into smaller pieces and set deadlines for each part. This may also entail setting up more regular check-ins with your boss or romantic partner to ensure that you don't get too far afield.
- Spend some time on a regular basis tracking your progress on long term projects to make your successes more tangible and to see where you need to do better. Make adjustments as necessary.
- If your job involves a lot of long term projects and you keep running into trouble with them, you may be better off in a job with shorter goals.