



# REASONS TO EMBRACE ADHD

- ✓ 1. You are **Generous** with your money, time and resources
- ✓ 2. The benefits of **Hyperfocus**
- ✓ 3. **Resiliency** – your ability to get up when life knocks you down
- ✓ 4. Gleaming **Personality**
- ✓ 5. Racing mind allows you seek answers to all of your **questions**
- ✓ 6. **Inventiveness**
- ✓ 7. Always able to provide a unique **perspective**
- ✓ 8. You're a **leader!**
- ✓ 9. **Empathetic** - Able to put yourself in someone else's shoes
- ✓ 10. **Spontaneity**
- ✓ 11. **Courage** to challenge
- ✓ 12. Frequent **surprises** due to finding money, items you misplaced
- ✓ 13. You're **Hilarious**
- ✓ 14. Believing in **anything** is possible
- ✓ 15. **Compassion**
- ✓ 16. Never satisfied with the **status quo**
- ✓ 17. Excellence in **motivating** others
- ✓ 18. Asking for **forgiveness** instead of **permission**
- ✓ 19. A **strong** sense of what's fair
- ✓ 20. Being extremely **organized** and on time (ok, maybe not!)
- ✓ 21. **Persistence**
- ✓ 22. Ability to **relate** to artists, scientists and any other personality
- ✓ 23. Your **entrepreneurial** spirit
- ✓ 24. The **need to know....**and know now
- ✓ 25. Innate **understanding** of the world around you.