



Remember: The areas you're succeeding in and the ones you're just surviving in will not be the same all the time. There will be times when you're successful in self-care but surviving in organization. THAT is the balance! Understanding that these areas will change depending on your life stage and capacity will protect your peace and preserve your sanity. The goal is progress, never perfection!

Aspect	Success	Survival
Productivity	Proactive Planning: Effectively using planners, apps, and tools to break tasks into manageable steps and stay organized.	Reactive Chaos: Constantly putting out fires, playing catch up, relying on last-minute adrenaline to complete tasks.
Time Management	Effective Time Management: Setting realistic goals and sticking to deadlines, using time-blocking strategies.	Time Blindness: Struggling to perceive the passage of time, leading to missed deadlines and rushed work.
Organization	Consistent Routines: Establishing morning and evening routines that help regulate focus and structure the day. Maintaining a tidy workspace and organized tasks.	Disrupted or Absent Routines: Having irregular routines, leading to increased forgetfulness, missed appointments, or chaotic days. Chaos in environment and task execution.

Emotional Regulation	Resilience and Growth: Viewing challenges as opportunities for growth, reframing ADHD as a strength rather than a deficit. Managing emotions through mindfulness practices.	Survival Mode: Simply getting through the day with minimal energy left, stuck in a cycle of stress and overwhelm.
Superpowers	Strategic Use of Strengths: Leveraging creativity, hyperfocus, and passion to innovate and produce high-quality work. Setting realistic and achievable goals.	Burnout and Overwhelm: Becoming exhausted from trying to keep up with demands and deadlines, feeling like you're always behind. Feeling aimless or setting un-manageable goals.
Community	Delegation and Support: Recognizing when to ask for help, using accountability partners, and outsourcing tasks when necessary. Building strong, positive relationships.	Isolation and Overload: Trying to manage everything alone, leading to burnout and feelings of inadequacy. Misunderstandings and conflicts with others arise.
Self-Care	Balanced Self-Care: Prioritizing physical and mental health, including regular sleep, exercise, nutrition, and mindfulness practices.	Neglecting Self-Care: Sacrificing sleep, nutrition, or well-being in favor of constant productivity or emotional exhaustion. Neglecting physical and mental health.
Self-Awareness	Positive Self-Awareness: Recognizing and leveraging personal strengths, challenges, and patterns, and using that	Self-Doubt: Feeling overwhelmed by constant struggles and weaknesses, without understanding why certain tasks are difficult.

	awareness to anticipate problems and adjust.	
Adaptability	Embracing Flexibility: Adapting plans when setbacks arise and using resilience to bounce back stronger. Embracing change and learning from setbacks.	Frustration with Setbacks: Struggling to recover from challenges, feeling defeated by disruptions or failures. Rigidly struggling with changes or setbacks.