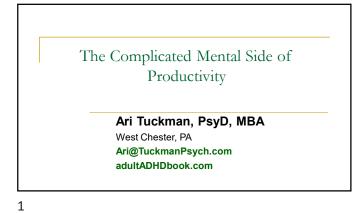
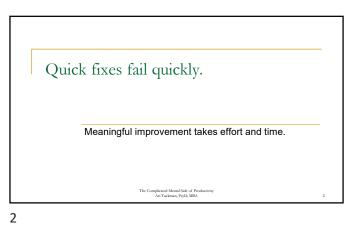
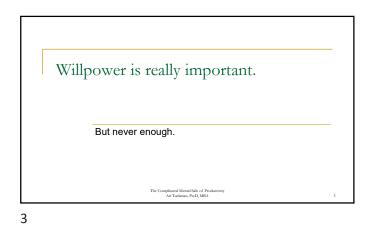
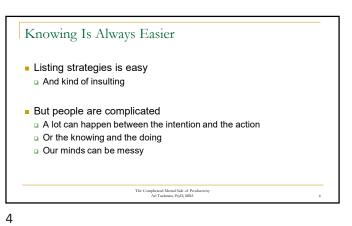
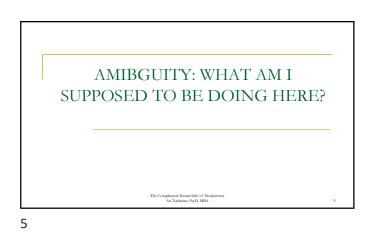
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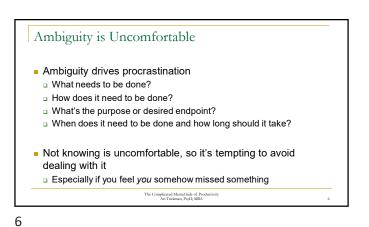




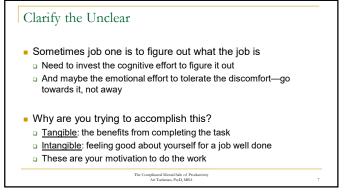








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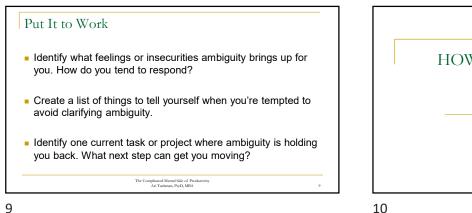
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Keep Clarifying the Unclear

Do ask, do tell

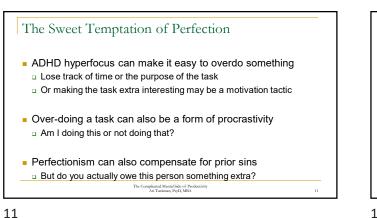
- If you're not sure what to do, who can you ask?
- Will it save you more time than figuring it out yourself?
- And will your not knowing even be a secret if you don't ask?
- Be willing to flounder around and have faith in the process Perhaps with something of an intentional plan—or not
- Bite the bullet on some choice point decisions
- Accept the cognitive and emotional work
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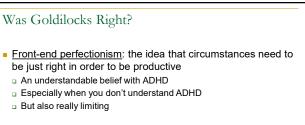
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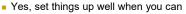


HOW PERFECT DOES THIS NEED TO BE?

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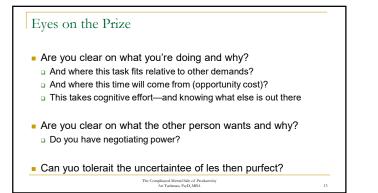




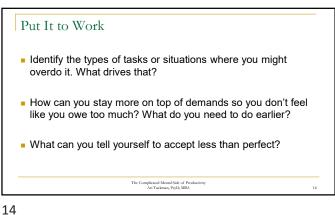
- What helps you get those wheels turning?
- But also tolerate the less than perfect—and believe in momentum
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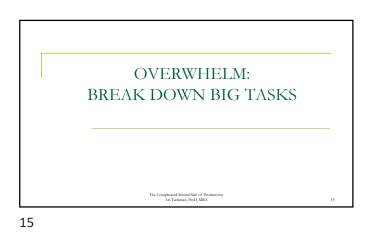
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Do you need to clarify others' expectations or requirements?

 $\hfill\square$ You will get feedback along the way to finetune your next decisions

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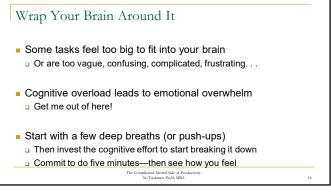
or pull someone in for input or advice?

Does it matter where you start?

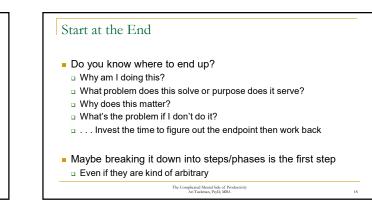
□ If so, figure out the first step

If not, just start somewhere

Have faith in the process







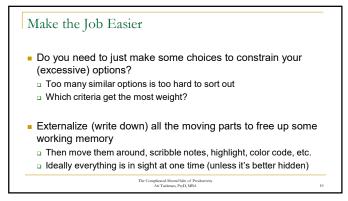


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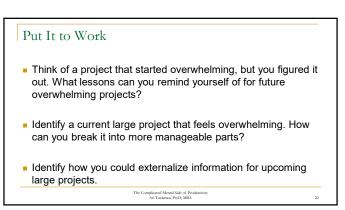
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Start by Starting

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The ADHD Productivity Manual May 2025

More information will be posted at adultADHDbook.com

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