

Panel of Experts

Tiny Habits for Adults with ADHD

Presented by Tiny Habits® Academy

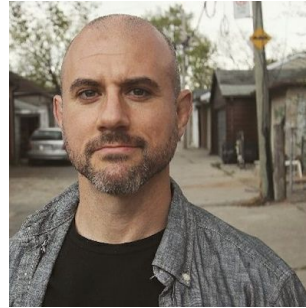
Tiny Habits for Adult ADHD Experts



Host and Moderator
Andrea Spyros



Sharon Pope



Geoff Girvitz



Amy Voros



Session Preview

- Coach stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration
- Wrap Up



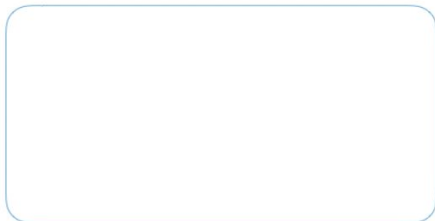
You will:

- **Review the Tiny Habit Method**
- **Learn successful Tiny Habit recipes for ADHD**
- **Feel more empowered to manage the symptoms of ADHD**
- **Have access to more resources and support**

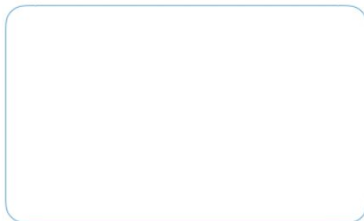
Tiny Habits Recipe Card

Create a recipe for your new habit.

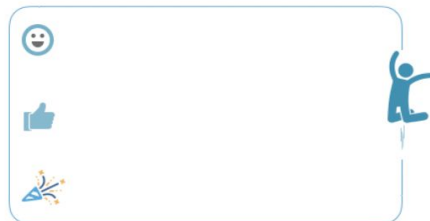
After I . . .



I will . . .



Then, I celebrate!



Anchor Moment

An existing routine in your life that will remind you to do the Tiny Behavior (your new habit.)



Tiny Behavior

The new habit you want but scaled back to be super tiny - and super easy.



Celebration

Something you do to create a positive feeling inside yourself.



Note: Feel free to revise.



Sharon Pope

Founder of shelpful.com

Tiny Habits Certified Coach

Sharon's 3 Tiny Habit Recipes

1

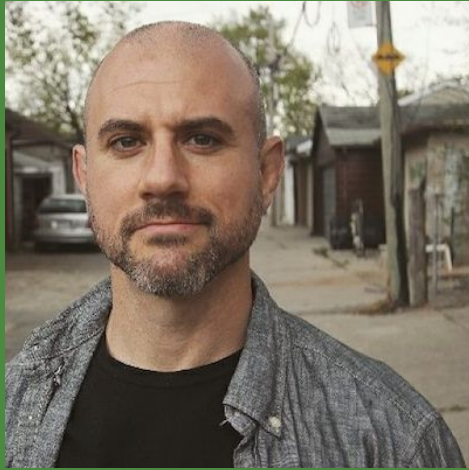
After my alarm goes off, **I will** put one foot on the floor.

2

After I step into my office, **I will** set my Tidy Timer for five minutes.

3

After I sit at my desk, **I will** write One Big Thing.



Geoff Girvitz

Founder of Bang Fitness
Host of The Dad Strength
Podcast

Tiny Habits Certified Coach

Geoff's 3 Tiny Habit Recipes

1

After I notice I'm struggling to focus, **I will** take note of my surroundings.

2

After I notice that I am feeling anxious at work, **I will** pick up the nearest exercise implement.

3

After I schedule an appointment, I will ask myself how I want to feel going into it.



Amy Voros

Productivity & ADHD Coach
Owner of Creative Catapult
Coaching

Tiny Habits Certified Coach

Amy's 3 Tiny Habit Recipes

1

After I make lunch for work, **I will** put it with my keys in the fridge.

2

After I turn off my alarm in the morning, **I will** take my ADHD meds.

3

After I notice I am avoiding work, **I will** check HALTO (Hungry, Angry, Lonely, Tired, Overwhelmed)



Go to TinyHabitsAcademy.com:

- Find a coach
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach