



Flourish Calendar

Getting Rid of ADHD Myths

Week 1

"ADHD is just laziness."

Week 2

"ADHD women are disorganiz..."

Week 3

"Too emotional."

Week 4

"ADHD women are unreliable..."

A neurodivergent-affirming journey of self-discovery



Week 1

Myth: "ADHD is just laziness."

Day 1

Notice a moment you pushed through exhaustion — that isn't laziness.

Day 2

Identify one task you do with significant effort.

Day 3

Name a source of fatigue or barrier you're managing.

Day 4

Ask: What does my brain need to get started?

Day 5

Honor the invisible labor you carry.

Day 6

Simplify one task and remove shame from the process.

Day 7

End the week by naming one strength behind your effort.

Weekly Reflection

- What myth did I challenge?
- What did I learn about myself?
- What strength emerged?

Week 2

Myth: "ADHD women are disorganized by choice."

Day 1



Adjust one system to match your real brain, not an idealized one.

Day 2



Try a 5-minute tidy and stop when the timer ends.

Day 3



Lower friction on one task (bin, basket, clear surface).

Day 4



Notice a moment you used structure in your own way.

Day 5



Make one accommodation without guilt.

Day 6



Choose comfort over perfection.

Day 7



End the week by naming one system that actually works for you.

Weekly Reflection

- What myth did I challenge?
- What did I learn about myself?
- What strength emerged?

Week 3

Myth: "Too emotional."

Day 1



Name one emotion today without apologizing for it.

Day 2



Take a sensory break when intensity rises.

Day 3



Place a hand on your heart for grounding.

Day 4



Ask: What triggered this response?

Day 5



Savor one pleasant sensation.

Day 6



Slow down one transition.

Day 7



End the week by recognizing one moment of emotional skill.

Weekly Reflection

- What myth did I challenge?
- What did I learn about myself?
- What strength emerged?

Week 4

Myth: "ADHD women are unreliable."

Day 1

Identify one commitment you kept today, even if small.

Day 2

Let yourself adjust a plan without shame.

Day 3

Communicate one need with honesty.

Day 4

Give yourself permission to rest.

Day 5

Notice where you show up consistently for others.

Day 6

Practice self-compassion during self-doubt.

Day 7

End the week celebrating one value you live by.

Weekly Reflection

- What myth did I challenge?
- What did I learn about myself?
- What strength emerged?

