

Flourish Calendar • Getting Rid of ADHD Myths

This month, explore and release common myths about ADHD while practicing self-awareness, compassion, and sensory understanding.

Week 1 – Myth: “ADHD is just laziness.”

- Notice a moment you pushed through exhaustion — that isn't laziness.
- Identify one task you do with significant effort.
- Name a source of fatigue or barrier you're managing.
- Ask: What does my brain need to get started?
- Honor the invisible labor you carry.
- Simplify one task and remove shame from the process.
- End the week by naming one strength behind your effort.

Week 2 – Myth: “ADHD women are disorganized by choice.”

- Adjust one system to match your real brain, not an idealized one.
- Try a 5■minute tidy and stop when the timer ends.
- Lower friction on one task (bin, basket, clear surface).
- Notice a moment you used structure in your own way.
- Make one accommodation without guilt.
- Choose comfort over perfection.
- End the week by naming one system that actually works for you.

Week 3 – Myth: “Too emotional.”

- Name one emotion today without apologizing for it.
- Take a sensory break when intensity rises.
- Place a hand on your heart for grounding.
- Ask: What triggered this response?
- Savor one pleasant sensation.
- Slow down one transition.
- End the week by recognizing one moment of emotional skill.

Week 4 – Myth: “ADHD women are unreliable.”

- Identify one commitment you kept today, even if small.
- Let yourself adjust a plan without shame.
- Communicate one need with honesty.
- Give yourself permission to rest.
- Notice where you show up consistently for others.
- Practice self-compassion during self-doubt.
- End the week celebrating one value you live by.