

The Myth of the Motivated, Organized Adult

Who does that ideal even serve?

You've probably been taught that "success" means:

- ◆ Waking up early
- ◆ Keeping a perfectly clean house
- ◆ Never forgetting appointments
- ◆ Managing tasks flawlessly
- ◆ Staying emotionally regulated at all times

But ask yourself:

Who is that ideal built for?

- ◆ People with consistent executive function
- ◆ People without chronic stress, trauma, sensory sensitivity
- ◆ People with domestic support, generational wealth, or time autonomy
- ◆ People not masking 24/7 just to seem "fine"



Real Talk:

- ◆ There is *no one right way* to be an adult.
- ◆ The "motivated, organized woman" ideal is often **racist, classist, ableist, and gendered**.
- ◆ For many ADHD women, masking success = burnout.



 Reframe: "I don't need to become her. I need to become **me**—with tools, with support, and with pride."