



A TOOLKIT FOR LATE-DIAGNOSED WOMEN

The ADHD Energy Reset

Four tools for the exact moment your brain stalls, spirals, or overcommits. Built for the high-functioning women whose brain never stops. Neither should your strategy.

BEFORE YOU BEGIN

You weren't failing. You were unsupported.

A late diagnosis often arrives after decades of quietly outperforming a system that was never built for how your brain runs. You don't need to “fix” yourself. You need tools to meet you where you need to be met.

Each tool below is built for a single moment. Find the moment you're in, and use the tool. That's it.

01

IF YOU'RE JUMPING BETWEEN TASKS

The Task Triage

Stop toggling between six open ‘tabs’. Ask yourself one question: what is the one single thing that must happen in this moment/today? Write it down. Everything else can wait. Waiting is not the same as failing.

"If it isn't the one thing, it isn't today's problem."

JOURNAL IT — WHAT IS TODAY'S ONE THING?

02

IF YOUR MIND WON'T QUIET DOWN

Name the Drain

Racing thoughts usually trace back to one unnamed drain on your energy. Finish this sentence out loud: "Right now I am losing energy to ____." Naming it is often enough to loosen its grip.

"Right now I am losing energy to _____."

JOURNAL IT — WHAT'S REALLY DRAINING YOU TODAY?

03

IF YOU OVER COMMITTED AGAIN

The Permission Slip

Adapting your approach is not a failure of willpower. It's the intelligent response of a brain that knows what it needs. Say it plainly: I am allowed to do this differently.

"I am allowed to do this differently."

JOURNAL IT — WHERE CAN YOU GIVE YOURSELF PERMISSION TODAY?

04

IF YOU'VE HIT A WALL

The Body Reset

When your brain hits a wall, more effort or “pushing through” doesn't help. Doing something different does.

Move your body for five minutes. Then sit in stillness for five more. Then get back at it. This is strategy, not procrastination.

"Move five. Sit five. This is the work."

JOURNAL IT — WHAT DOES YOUR BODY NEED RIGHT NOW?

READY FOR MORE SUPPORT

These four tools are a start. You deserve a full system.

If you're ready to stop managing your ADHD alone and want a coach who understands late diagnosis in high-achieving women, let's talk.

Book a Discovery Conversation