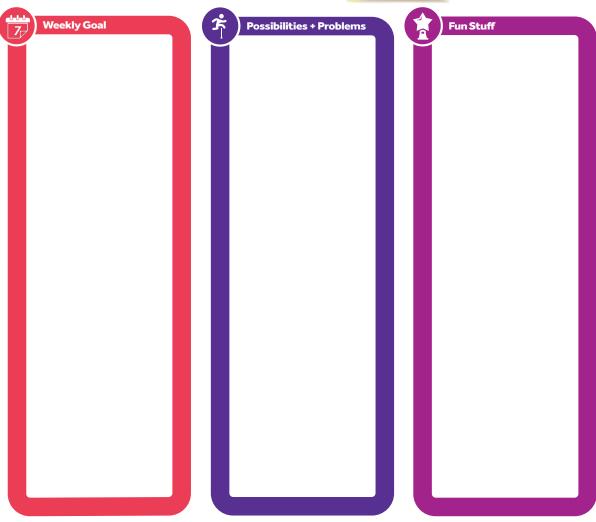




aka: "If you find yourself in a hole, grab a ladder, not a shovel."



Key Messages	Reviewing, revising and re-instituting strategies is an important part of ADHD management. Celebrate the process, not the product.
My favourite take-hom	ne points:
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WEEK 8: Staying on Track DEEPER DIVE



Review + Refocus





AFTER THIS COURSE:

1	What unhealthy thoughts or behaviours will I leave behind?
2	What past unhelpful labels, feelings of shame, and ways I saw myself have I let go of?
3	What productive thoughts, feelings, or behaviours will I start or keep using?

WEEK 8: Staying on Track DEEPER DIVE





Review + Refocus cont.

Oft	hese, which ones are the easiest to use?
	ch ones are more challenging to implement but are sti
wser	
wser	ot factors might get in the way of implementing

WEEK 8: Staying on Track

DEEPER DIVE





Review + Refocus cont.

8	What will I do if I start going back to my old patterns?
9	Who will I talk with?
10	What supports can I access?
1	How will I know to seek help?

Tip: To re-orient yourself when you lose momentum, consider going back to the simplest and easiest strategies: "Inch by Inch. Everything's a Cinch."



Which Skills Worked Best for You?

Throughout this *Skills for Success: ADHD Strategies for Adults* program, many executive functioning skills have been presented so that you can experiment with various strategies. It is not expected that you will remember or benefit from all of these skills—some will likely resonate with you, or impact you, more than others.

Take a moment flip through the *Manual* and list which skills worked best for you, so that you can find them easily. The Toolbox of ADHD Self-Management Skills (p. i) may be helpful.

Skill	Page Number

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