

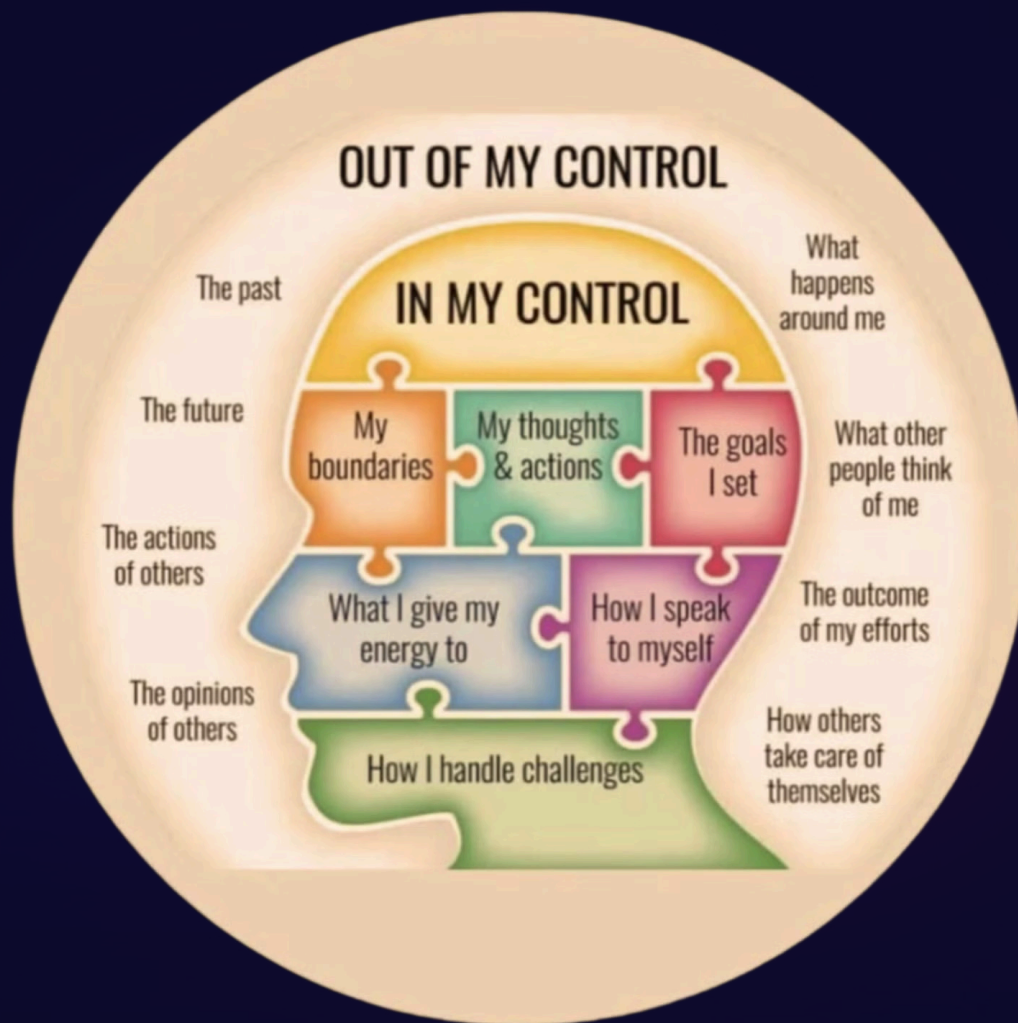


Neurodisruptors From Chaos to Clarity Frameworks for ADHD Brilliance

Thank you for your interest in our free webinar, *From Chaos to Clarity: Mastering Decision-Making with ADHD*, hosted on March 13, 2025.

This guide is a curated collection of the most powerful frameworks we shared—designed specifically for ADHD innovators, leaders, and creators like you. Use these tools to shift from overwhelm to intentional action.

What's In My Control (And What's Not)



When living with ADHD, it's easy to feel overwhelmed by everything demanding your attention. This framework helps you build emotional regulation and decision clarity by focusing your energy only on what you can actually influence.

The beauty of this approach is that it immediately reduces mental clutter. By separating what's within your control from what isn't, you create space to take meaningful action rather than spinning in worry or frustration about things beyond your reach.

How to use it:

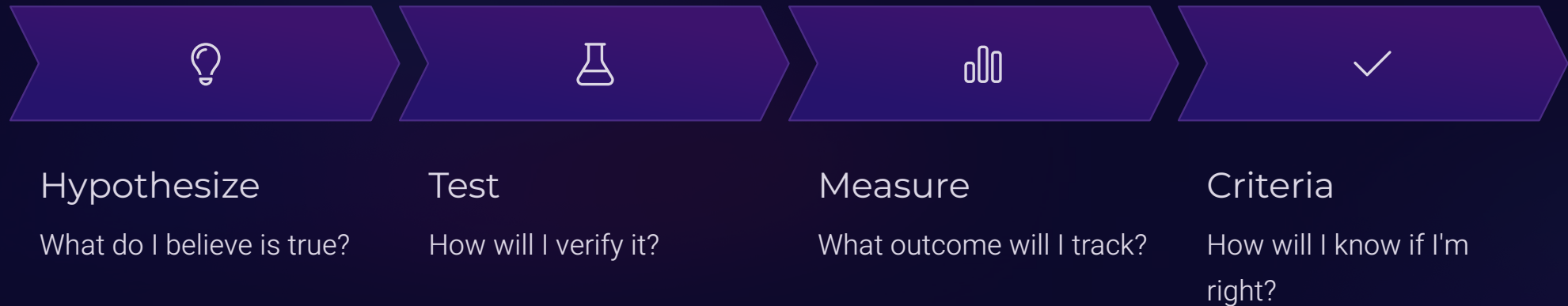
When feeling overwhelmed, pause and ask yourself:

- Am I focusing on something I can control?
- What small action can I take today from the "In My Control" zone?

Key Tip: This framework builds confidence and resilience by eliminating the mental clutter of external expectations.

The Test Card – From Guessing to Learning

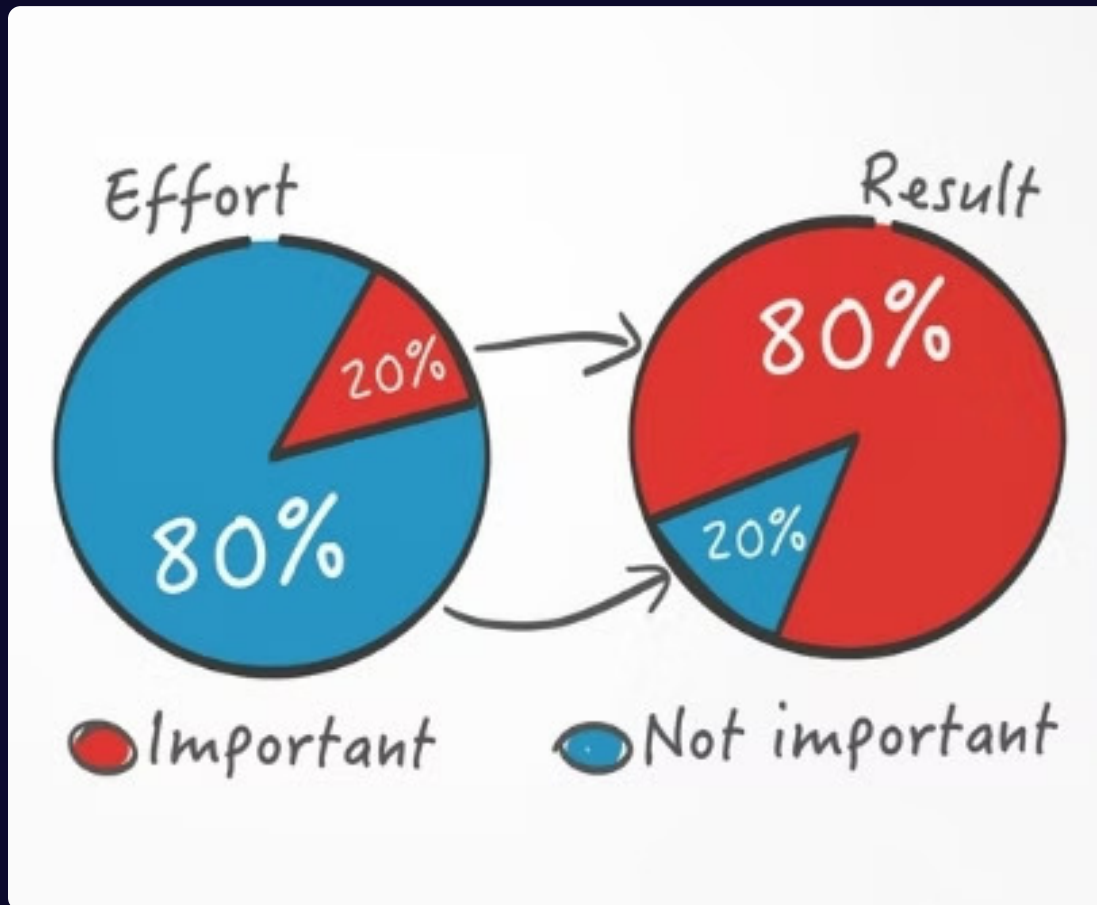
For many adults with ADHD, decision paralysis comes from overthinking potential outcomes. The Test Card framework transforms this tendency into a superpower by channeling curiosity into structured experimentation.



This approach is particularly effective for ADHD brains because it transforms overthinking into action. Instead of getting stuck in analysis paralysis, you create small experiments that generate real data. Each test becomes a learning opportunity that builds confidence in your decision-making abilities.

Key Tip: For ADHD brains, testing ideas instead of overanalyzing them reduces decision fatigue and sparks action.

The Pareto Principle – The 80/20 Rule



When everything feels equally important, the Pareto Principle offers a liberating perspective. This framework helps you identify which tasks bring the biggest return on your time and energy.

For adults with ADHD who often struggle with prioritization, this principle cuts through the noise. It reveals that most of your meaningful results come from a small subset of your activities.

How to use it—Ask yourself:

- Can I double down on those and drop the rest?
- What are the 20% of my activities driving 80% of my outcomes?

Key Tip: This is a game-changer for productivity and emotional bandwidth—especially if you're overwhelmed by long to-do lists.

The Eisenhower Matrix – Urgent vs. Important

ADHD brains are often drawn to urgency – the adrenaline rush of last-minute deadlines can provide the dopamine needed for focus. However, this can lead to neglecting truly important tasks that don't have immediate consequences.

Do Now

Urgent & Important

- Deadline-driven projects
- Health emergencies
- Critical relationship issues

Schedule It

Important, Not Urgent

- Long-term planning
- Exercise and health maintenance
- Skill development

Delegate It

Urgent, Not Important

- Many meetings
- Some emails and calls
- Certain household tasks

Delete It

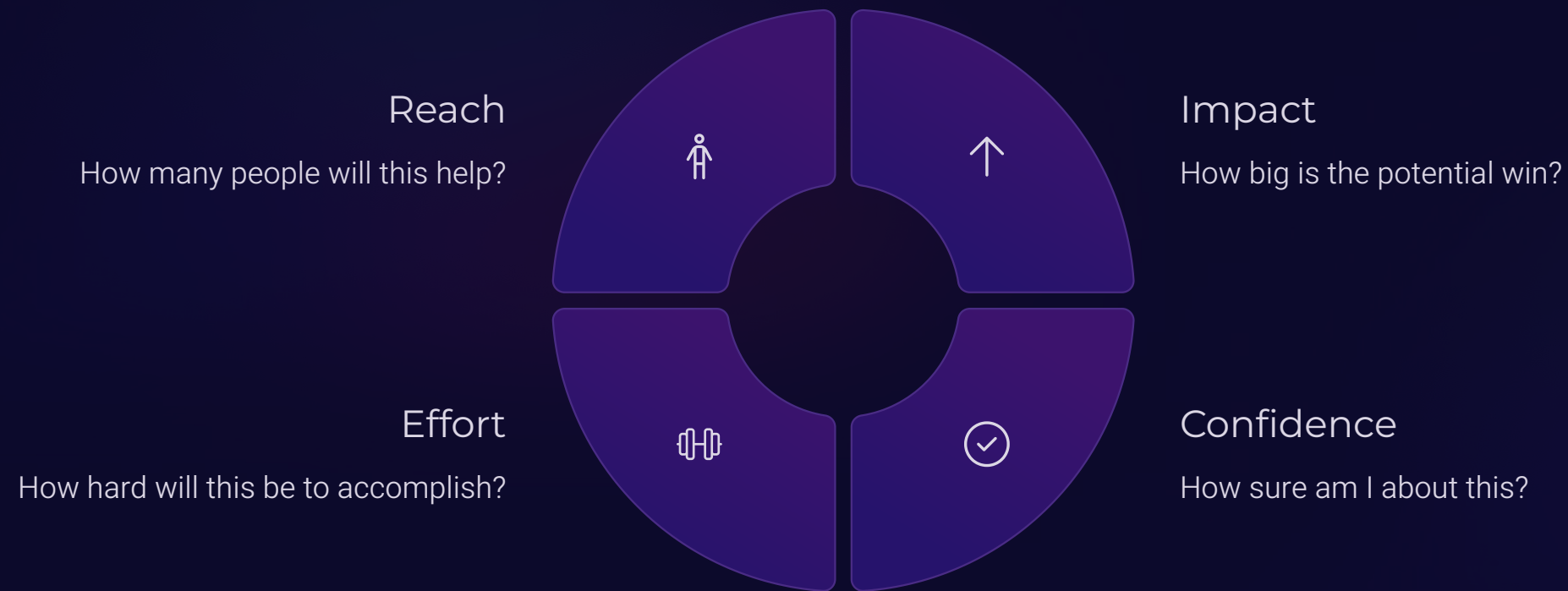
Not Urgent & Not Important

- Mindless scrolling
- Unnecessary perfectionism
- Others' non-essential expectations

Key Tip: ADHD brains often confuse urgency with importance. This matrix keeps you grounded in what *actually* matters.

RICE Prioritization – Objectivity for the Overwhelmed

When emotional regulation is challenging, objective scoring systems can be incredibly helpful. The RICE framework provides a structured way to evaluate opportunities and tasks, removing the emotion that can sometimes cloud judgment for those with ADHD.



By assigning numerical values to each category, you create a prioritization score that helps cut through the noise of competing priorities. This framework is particularly valuable when you're feeling overwhelmed by too many exciting possibilities – a common experience for adults with ADHD.

Key Tip: This structured framework helps you focus and follow through on high-value ideas without spiraling into indecision.

Ready to Take the Next Step?



Book your FREE 15-Minute ADHD Strategy Snapshot Call with Our Experts

Get personalized insight into your decision-making patterns, identify a strength to leverage, and find out which group or coaching model is right for you.

Schedule your call now:

<https://calendly.com/neurodisruptors/free-15-minute-adhd-strategy-snapshot-call>

During this call, we'll:

- Identify which framework resonates most with your unique ADHD brain
- Uncover one immediate action you can take to improve your decision-making
- Explore options for ongoing support that match your needs and preferences