

ADHD Mindful Slogans for Daily Life

Simple slogans can serve as quick anchors to reduce overwhelm, refocus attention, and build habits that support your unique ADHD brain and body.

1. Treat Yourself Like a Good Friend

Respond to setbacks with the same compassion you would offer a close friend. Progress over perfection.

2. Assume It's Executive Functioning First

ADHD affects time, focus, and emotional control. Identify what skill needs support before blaming willpower.

3. Avoid 'Should-ing'

Replace 'I should' with 'It would help if' or 'I'd like to.' This moves you from guilt to growth.

4. Keep Track of Nothing in Your Head

Externalize memory with planners, reminders, or sticky notes—just like pilots use checklists.

5. Do It Now or Write It Down

If a task can't be done now, capture it in a note or calendar so 'not now' doesn't become 'not at all.'

6. If It's Not Scheduled, It's Not Happening

Add everything—appointments, hobbies, rest—to your calendar. Scheduling turns intention into action.

7. Not Everything Is Urgent

Urgent isn't the same as important. Pause, prioritize, and protect your focus.

8. Eat the Frog First

Tackle the hardest task early. Small wins reduce anxiety and create momentum.

9. Ask, 'Is This Complete?'

Before moving on, identify the last step needed for true completion.

10. Is Your Phone Using You?

Use technology intentionally. Audit notifications and limit distractions.

11. Simple Does Not Mean Easy

Basic tools like alarms and routines work. Adjust without judgment until they fit.

12. Short-Term Safety Net, Long-Term Plan

Use supports now while building sustainable systems and skills.

13. How You Feel Determines What You Do

Good sleep, nutrition, movement, and mindfulness strengthen focus and follow-through.

Create Your Own Slogans: What do you need to hear when things feel hard? Short, memorable phrases can refocus attention, reduce shame, and inspire action.

Want More Support?

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For ADHD coaching, tutoring, courses, and speaking availability.

