



# Find *your own way to* Focus

7 CUSTOMIZABLE KEYS TO ATTENTION

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# Hi, there!

I've always been a customizer. For as long as I can remember, I've pulled a little bit from this and a little bit from that to create a third option that is just what I want. (Let's just say there's been more than one artist I've worked with to combine elements of two of their creations into a new version just for me.) So it's no surprise that I've taken a similar approach to coaching hundreds of people with ADHD and Executive Function challenges.



Whether brainstorming practical, tactical strategies or using mind-body modalities to help clients better regulate their nervous systems, I tap into my clients' strengths to foster self-awareness, self-confidence, resilience, and momentum to succeed. I present to groups of parents, educators, and others on viewing people with ADHD through a different lens in order to provide appropriate and compassionate support. I've been a certified coach since 2003 and haven't stopped learning and evolving since. My approach blends my training in a variety of methods, including ADHD Coaching, the Positive Intelligence framework, Grief Coaching, Somatic ("whole person") Coaching and Somatic Experiencing. But it's collaboration with my clients that is the real key to developing solutions that are customized and tailored to their needs.

*Warmly,  
Michelle*

COACH • EDUCATOR • PRESENTER





# Tailor-Made Solutions

If you have ADHD, there's a pretty good chance you've been told that if only you would just do things the right way, then you'd have no problem at all focusing. If only you would set up your workspace to minimalist perfection or write down everything in your Aunt Sue's favorite paper planner, then organizing, prioritizing, planning, and managing your time would be a breeze. If only it were that easy.

In fact, despite the opinions you may have received from parents, teachers, bosses and friends, there is NO ONE WAY to focus. So many factors play into the strategies we choose. Sure, there are common threads, but each of us is managing a unique combination of work and life demands that call for a unique set of solutions.



I invite you to see the quest for your preferred strategies as an experiment. If the first thing you try doesn't work, don't beat yourself up or give up. Use it as a learning opportunity, then tweak or try a new approach. Check out these ideas designed to kickstart your creativity so you can design solutions best-suited to your style.



Find your ...

*space*

Who says you have to stay put in one clutter-free location to be focused and productive? That's a good rule of thumb, but some prefer more-varied scenery. Consider selecting multiple workspaces: home, cafe, desk, couch, wherever feels good. Moving among them can keep your environment – and your attention – fresh. And if the idea of clearing the clutter is more stressful than the clutter itself, just get to work amid the piles.



Find your ...

*time*

Are you an early bird or a night owl? The 9-to-5 isn't for everyone. Those early morning and late night hours have a kind of quiet stillness that can foster productivity for those with ADHD. There are fewer distracting meetings, emails, calls or kids to interrupt your flow.

But this is *not* giving you license to work 24/7. It's vital to prioritize your well-being to avoid burnout.





Find your ...

*mindful mojo*

"I can't sit still long enough to meditate," is the reason many people with ADHD give for not taking time to get present with themselves. There are plenty of other ways to create small mindful moments in your everyday life.

Just pay exquisite attention as you take a deep breath, do a favorite yoga pose, gently rub your hands together or simply notice the feel of your feet on the floor.



Find your ...

*softer self-talk*

Language is powerful, and we do ourselves a disservice with cruel cruelty we would never aim at anyone else. Demeaning words are not a long-term motivator. To the contrary, giving yourself credit for a job well done wires your brain to want more of that! So go ahead, give yourself a pat on the back for every little step. Try replacing your inner critic with an inner cheerleader. And when things go awry, show yourself a little compassion.



Find your ...

*favorite fidget*

Wanna know why fidget spinners were so troublesome? Because they didn't follow the 2 main fidget fundamentals:

- 1) It can't be distracting to you.
- 2) It can't be distracting to anyone else.

Search for subtle, one-handed options instead. Among my faves for adults are ones that look like key rings with moving parts, mesh tubes with a marble inside, worry stones and small crystals. There's also some fun fidget jewelry.



Find your ...

*core colors*

Black-and-white thinking is a hallmark of ADHD. But why stay stuck in stark contrast when there are so many colors to enjoy? The next time you're tempted to say, "Why bother?" because you're not doing something 100%, look for the rainbow of possibilities out there. Perhaps try it at 50% or even 5%. Instead of exercising for an hour, take a small step toward your goal by moving for 1 minute. It's doesn't have to be all or nothing. If you look outside the black-and-white box, you might just find a pot of gold.



Find your ...

*why*

Focusing, organizing, prioritizing and managing time is much easier if you know WHY you want to do these things. Tap into what you value most — career fulfillment, supporting yourself or your family, spending time with loved ones, your health and well-being, leadership, and whatever else lights you up and creates momentum. Rank them in order of importance to you and then schedule your time accordingly. You'll be so glad you did.

