

ADHD BIZ

Keeping your focus on your business!

Greg's Vent

I receive on average, through work and businesses, over 100 emails per day. That in itself takes time. But the thing that bothers me most is everyone is trying to get my money. Rarely do I come across anything that is free without any upsell. That is why my business only charges for coaching. I will never upsell anything to you but will give you lots of freebies. It is my way of sharing information, tips, and tricks with my clients, without breaking their bank.

Your Niche



Your distinctive niche lies in that small but vital place where your desires, your assets and the world of opportunities overlap.



Decision Making with ADHD

One of the most difficult things to do with ADHD is make a decision. Well, sometimes we do it on impulse but that is another topic. Here are some things to think about next time you need to make a decision.

Tick Tock - give yourself a time limit. Tell yourself that I give myself one hour to decide on this. If after an hour, you still can't make a decision, choose something anyway. Go with your gut if all else fails. The key is to act, not dwell on if you made the right



Asking Yourself the Right Questions

To discover this place in your own life, ask yourself:

- What do I really *want* to do?
- What am I really *good* at?

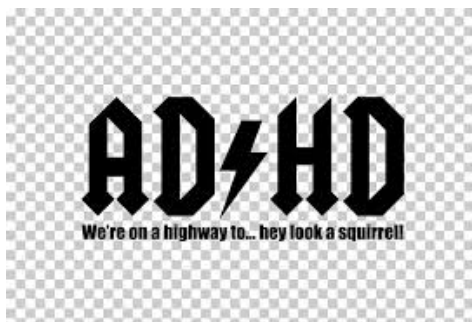
Exploring these questions will lead you to a business idea that's right for you - one that's built around your values and passions. This will help sustain you as you face the inevitable challenges and demands of starting and building your own business.

We will explore more about Desires in the next newsletter. However, if you can't wait, shoot me an email.

Next newsletter we will also be discussing Perfection and how we won't get there.

Have a great day, week, and month.

Keep moving forward!



or wrong decision. If it is the wrong decision, you can fix it and move on later.

Choice A, B, or C, and...nothing.

You limit your decision to 5 choices. You choose A, or B, or C, or a combination of those three or do nothing. Again the key is to act and make the decision. Chances are, if you are like me, you will have done plenty of research prior to making your choice.

The holding pen. If you find yourself overwhelmed with a decision, put it in a holding pen where you can look at it later. Go get a drink, do some breathing exercises, and when you are in the right frame of my mind, revisit it. One thing I do when I am making a decision is to ask myself, what is the worst thing that could happen. If it is bad then I probably won't choose that option.

Talk to someone else. This can be tricky but at the same time great. Talk to someone in your support network and ask them what they think. Talk to your coach or therapist if the decision is really weighing you down. Hopefully, they can look at the decision from a different perspective and help you see the path forward.

Often in making a decision we get is what is called Analysis Paralysis. We just tend to overthink and it and want the "perfect" solution. We will talk about finding the "perfect" solution in the next newsletter. The important thing to remember is to act on the decision you choose. Not acting is just adding things to your to do list.

A - Action

C - Changes

T - Things

Interested in learning more about ADHD Business Coaching?

Visit the website at <https://theadhdbusinesscoach.com>

or email me adhdbizcoach@gmail.com

Talk Soon,

Greg