

UNHINGED

ADHD HACKS

for brains that do 12 things at once and forget where they put their phone.

if it's stupid but works... it's not stupid.

chaos, but make it functional



1 THREATEN YOURSELF

"If I don't do this right now, future me loses snack privileges."



works 87% of the time.

2 BODY DOUBLE OR BUST

Invite a friend over to exist in the same space while you pretend to be a functional human.



Silence is optional.

3 MAKE IT UGLY

Use the ugliest pen, notebook or mug you own. It lowers the stakes.



Perfection is the enemy of done.

4 PILE SYSTEM™

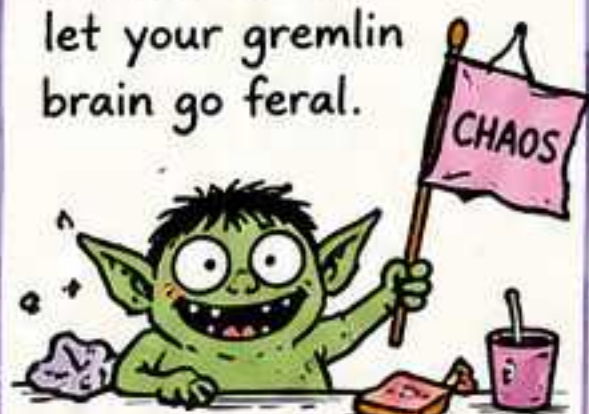
Don't put it away. Put it in The Pile. Future you will deal with it. Maybe.



Out of sight. Out of mind. (Out of house.)

5 GOBLIN MODE TASKS

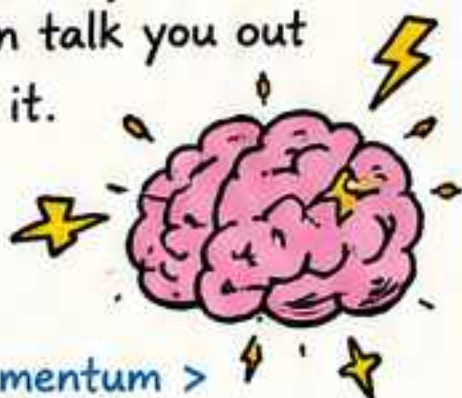
Set a timer for 7 minutes and let your gremlin brain go feral.



You'll be shocked what gets done.

6 THE 5 SECOND RULE

Count backwards: 5-4-3-2-1-GO! before your brain can talk you out of it.



Momentum > motivation.

7 REWARD LIKE A RACCOON

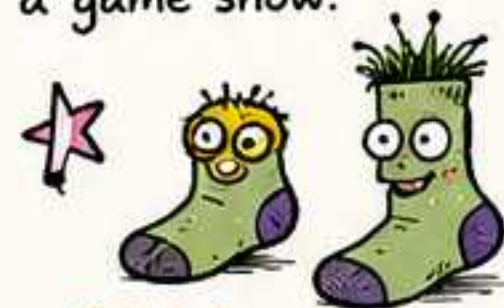
Did the thing? Nice. Now give yourself the silly little treat your brain was bargaining for.



Treats, dopamine, same difference.

8 MAKE IT RIDICULOUS

Wear the goofy socks. Blast the weird music. Turn your to-do list into a game show.



If it's fun, your brain will show up.

9 WRITE IT LIKE A TEXT

No fancy lists. Just brain dump it. Lowercase. No punctuation. Zero shame.



Clarity is overrated. Capturing is key.

10 STACK HABITS LIKE PANCAKES

Brush teeth
→ take meds
→ drink water
→ CHAOS COMMENCE



Habit pancakes. Deliciously effective.

11 DECLUTTER (ISH)

One basket. One doom box. One closet of no return. Good enough.



It's not a mess. It's a system.

12 FORGIVE, REBOOT, REPEAT

Missed the day? The week? The month? Cool. You're not a robot. You're a delightfully distracted human.

PROGRESS, NOT PERFECTION (seriously, relax)

You don't need more willpower. You need better hacks. BE KIND TO YOUR BRAIN. IT'S DOING ITS BEST.