

# Building a Bridge to a Better Life

By Linda Walker

For most adults, your ADHD diagnosis is a relief (it explains a lot), and then turns into a fact-finding mission. It is essential to empower yourself with the right information. But, for too many people, the mission ends with an extensive library of ADHD books, CDs, DVDs and other information. You're an ADHD expert, but your life hasn't improved!

## **Yes, Information is Essential**

We all love learning. It's a form of instant gratification, and everyone, especially ADHDers, love that. Recently, I presented Clone Yourself: Six Essential Strategies to a Whole-Life Approach to Productivity at the CADDAC conference. Attendees learned, among other things, how to create systems that will actually eliminate boredom when doing things you hate but can't delegate, and who doesn't have a few of those?

## **But Don't You Want a Better Life?**

You deserve a pat on the back for investing in yourself and attending the conference. But if you haven't implemented any of what you learned at the conference, your ROI, your Return-On-Investment, is less than zero. Until you dig out your notes (you planned to re-read them anyway) and act on what you learned, there's no return; nothing has changed.

## **Bridge the Implementation Gap**

To improve your life, you must make a change. You need to bridge the gap between knowing something and taking action. Bridging that "implementation gap" is the only thing that makes your life better. After all, you can't keep doing what you've been doing and expect different results! (A wise man once said that's crazy!)

Pick one idea. It doesn't matter which one, but I'd suggest you work on something you find annoying, it's very motivating! Implement the smallest possible change that makes a significant difference. Make a change that's big enough so you'll notice and appreciate it, but no bigger. Allow each small

step to become part of your new, better lifestyle. When stretching out of your comfort zone, you don't want to pull a change muscle. If you decide to get in shape, forget the crash diet and three-hour workouts. Start by taking the stairs instead of the elevator. Substitute one "unhealthy food" for a healthy alternative you enjoy. When you've mastered those, add a small but significant step to stretch a bit more. Adjust and repeat.

## **Pitfalls to Avoid**

Most New Year's resolutions only last 17 days; for most ADHDers it's even less. The biggest obstacles to bridging that implementation gap are:

- Changing too many things too quickly (You can't lose weight AND quit smoking AND get organized all at once!)
- Radical changes that aren't sustainable (Determined to stop being a couch potato, you sign up for the Boston Marathon!)

And when you set such ambitious objectives, you often fail and revert back to your old ways. Then you beat yourself up about it. Only change can make your life better. But only change made with small, significant steps that can become a permanent part of your life will truly improve your life.

## **Coaching Helps You Bridge the Implementation Gap**

Training is essential, but working with a coach, either individually or as part of a group, focuses on helping you apply the knowledge you've been accumulating but haven't acted on. By helping you bridge the implementation gap, coaching can dramatically change your life for the better and allow you to actually reach your goals. Whether you want to be better organized, be someone people (loved ones, friends, colleagues, customers and your boss) can count on, feel competent and in control at work or just to better manage your time, your money, or your career, reaching your goals will make you happier and more fulfilled.



*ADHD Coach Linda Walker empowers Creative Geniuses (Entrepreneurs, Artists and Other Adults with ADHD) worldwide with both group and individual coaching programs. Learn more about how she can help you now at [www.coachlindawalker.com](http://www.coachlindawalker.com).*