FACT SHEET

ADHD Motivation: Make the Task Easier to Engage With

Importance alone may not create enough engagement

Change the task

- Interest - make some part more engaging.
- Choice - decide which part to do first.
- Novelty - change location, method, or format.
- Challenge - use a small timer or target.

Change the experience

- Company - work beside someone.
- Feedback - check off visible progress.
- Immediate payoff - pair it with something pleasant.
- Urgency without panic - create a smaller earlier deadline.

Do not confuse importance with access

You can care about something and still have difficulty starting it.

The useful question is not only whether the task matters. It is whether the current conditions give your brain enough to engage with.

Ask

What could I change about this task so it is easier to enter?

Changing the conditions is often more useful than trying to manufacture motivation through self-criticism.