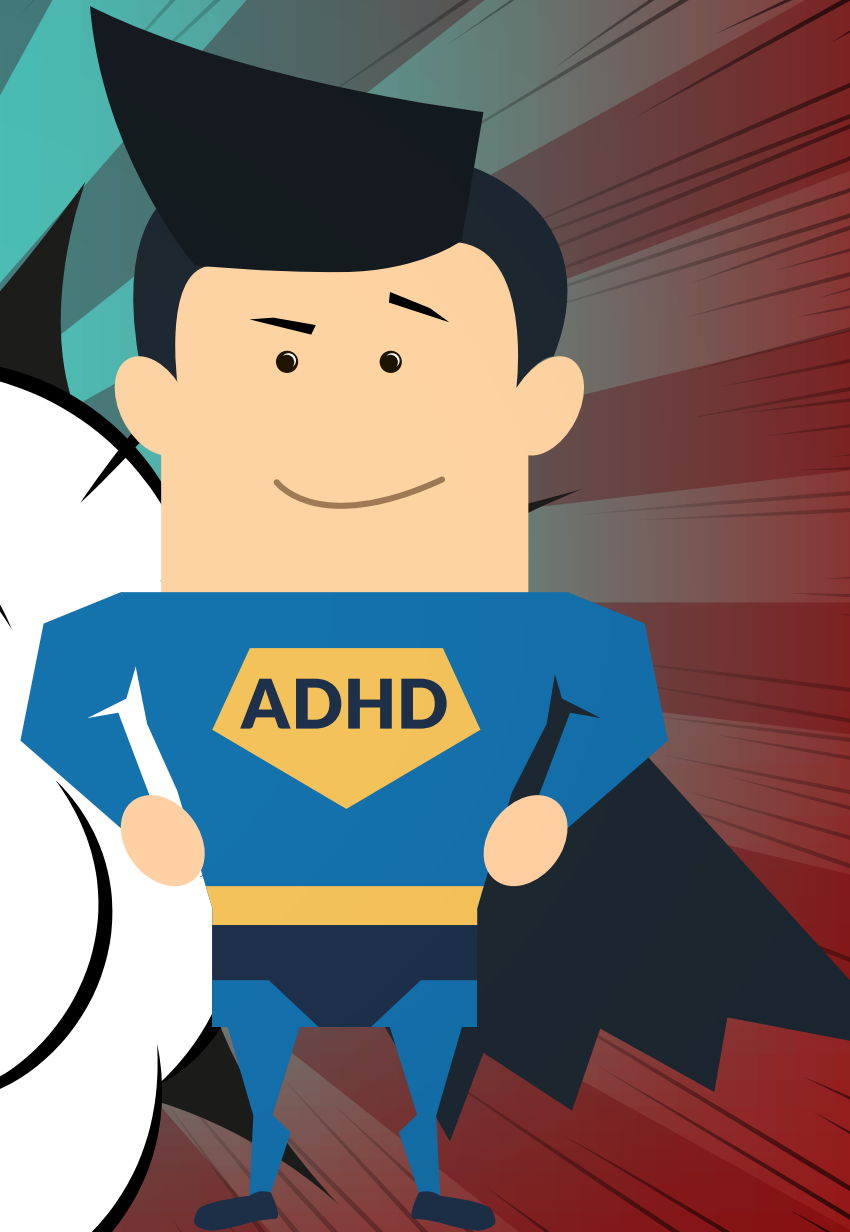




7 ADHD SUPERHEROES

Share their Tips for Success





Hi, I'm Peter Shankman,

Thanks to running the **FTN podcast**, I've had the privilege to interview a long list of fascinating individuals, from entrepreneurs to authors to fitness icons, who all share one thing in common: they've achieved massive success by **leveraging the power of their ADHD**.

Here is a collection of seven guests and some of their most useful tips, tricks, habits, and stories about how they turned their ADHD into a superpower, and how you can do it too!





1 Seth Godin

Seth Godin has done for the online world what Dr. Jonas Salk did for vaccines, and I'm not blowing smoke. He's written a number of bestselling books including Purple Cow, Permission Marketing, and The Dip. Seth is a business and marketing genius!

Hunters vs. Farmers

Seth has a compelling narrative about ADHD, in which he breaks all people into one of two categories: hunters or farmers.

We live in a society tailored for farmers, according to Seth. It requires obedient workers who can sit still for 8-10 hours per day, willfully following orders and executing repetitive, non-creative tasks. Most "normal people" would fall into the category of farmers.

People with ADHD, though, would be classified as hunters. Hunters are more aware, move faster, and function well when they have outlets for their creative energy. People with ADHD would fall under the category of hunters.

Being a hunter in a farming world can lead to frustration. However, if you have ADHD, Seth recommends to **structure your work and life around the skillsets of a hunter!**

ADHD SUPERHERO TIP #1: Seek out "hunting" projects, jobs, and passions.

Don't attempt to take up farming when you're not wired that way. Own your hunter qualities with pride, and seek out opportunities that align with them such as:

- 🔍 Internet entrepreneurship
- 🔍 Creative endeavors like art, music, or film
- 🔍 Sales + Marketing
- 🔍 Freelancing

Let the farmers farm, and the hunters hunt.

👉 [Check out my full interview with Seth here.](#)





2 Hal Elrod

Hal Elrod is the international bestselling author of *The Miracle Morning*, a top keynote speaker, and host of the *Achieve Your Goals* podcast. He's one of the best resources out there on how to take advantage of those first few hours of your day.

The Miracle Morning

Hal's most recommended action for thriving with ADHD is to **take advantage of the morning with a ritual or routine!**

Starting the morning with clear focus and a structured ritual not only sets the tone for the day, but also cleanses the ADHD mind of clutter and distractions.

What you decide to put in your morning ritual ultimately is up to you, but one morning practice that Hal recommends everyone with ADHD adopt is **meditation.**

But meditation is especially hard for those with faster than normal brains.

So what? Hal says:

“The harder it is for you [to meditate], the more you need it! PERIOD!”

SUPERHERO TIP #2: Meditate every morning!

When first starting out, try guided meditations, as they walk you through the process and prevent you from doing what most meditators actually do: sit and think with their eyes closed.

Some **FREE** resources for guided meditation:

- 🔗 [Calm](#) (mobile app or website)
- 🔗 [Headspace](#) (another mobile app with a structured program for your first 10 days)
- 🔗 Tara Brach's [guided meditations](#) (FREE)
- 🔗 Deepak Chopra's [guided meditations](#) (FREE)

👉 [Check out my full interview with Hal here.](#)





3 Dave Farrow

Dave Farrow is an entrepreneur, mental performance/memory coach, speed reader, and keynote speaker. He holds two Canadian Guinness World Records for most decks of playing cards memorized in a single sighting!

Focus Bursts

Dave realized early on in his life that the natural inclination to “slow people with ADHD down” was extremely counterproductive. He developed a technique (which is now widely adopted) called **focus bursts**.

Similar to HIIT (high intensity interval training), focus bursts are alternating periods of all out effort followed by periods of rest and recuperation.


Dave and his students have found that this technique seemingly doubles productivity, even though only half of your time is allocated to work itself!

ADHD SUPERHERO TIP #3: Separate your work into focus bursts.

The process looks like this:

(Note - you will need some form of a timer for this exercise. Dave recommends using an egg timer from the dollar store instead of your phone, which is a pit of distraction for those with ADHD.)

1. Set egg timer for 6-7 minutes.
2. Work on your chosen task as fast and intensely as you possibly can without compromising quality.
3. When the timer sounds, immediately stop all work. This is critical, as Dave notes that ADHD brains will feel the need to continue on the task at hand. This is counterproductive, though, as it will lead to burnout from the speed that your brain is moving.
4. Set the timer for another 6-7 minutes.
5. Do something fun like play a game, read a comic book, or just daydream.
6. When the timer sounds, set it again for another focus burst and repeat the process.

 [Check out my full interview with Dave here.](#)





4 Kari Gormley

Kari Gormley is an entrepreneur, coach, and host of the award winning podcast The Running Lifestyle, one of the top-rated running podcasts on iTunes! She's helped thousands of people get in shape, learn to run, and embrace happiness throughout their lives.

Having a bad day?

When Kari's ADHD brain is running rampant causing stress, burnout, and anxiety, she has a very simple solution: **get out and run!**

Not only will the running help to re-focus your brain, but the exertion of physical movement will help purge your body and mind of the negative thoughts and feelings that the day may have produced.

The endorphin rush (aka runner's high) feels like a warm bath for those with ADHD.

ADHD SUPERHERO TIP #4: When you're feeling stressed or anxious, get out and run!

The next time you feel overwhelmed and your ADHD mind is preventing you from chilling out and being productive, lace up your running shoes and hit a few miles outside!

When running, Kari likes to put on a long podcast. But she recommends staying away from business podcasts which may compound your anxiety or prevent your brain from decompressing.

Instead, Kari recommends a personal development type of podcast, or even better, some comedy!

Here are some fantastic comedy podcasts to check out:

- 🔗 Never Not Funny
- 🔗 The Comedy Button
- 🔗 WTF with Marc Maron
- 🔗 Bill Burr's Monday Morning Podcast

👍 [Check out my full interview with Kari here.](#)





5 Emily Anhalt

Emily Anhalt, Ph D is AMAZING. She is a psychotherapist and psychological consultant practicing in San Francisco. She completed her doctoral dissertation on Attention Deficit Hyperactivity Disorder and Success Without the Use of Medication, spending two years interviewing, transcribing, coding, analyzing, and writing about the ways in which certain people feel their ADHD has contributed to their occupational and financial success.

Procrastination

Through Emily's research, she has discovered that almost everyone with ADHD is a **chronic procrastinator**.

But why is that? The anxiety of a looming deadline provides stimulation to a faster than normal brain, and we know that people with ADHD thrive on stimulation. As a looming deadline approaches, the anxiety level will start to increase until it finally reaches a threshold of stimulation that is enough to promote action.

This should not be viewed as a negative, though, according to Emily. Simply own that this is the way you operate and most importantly, **scope out the actual time it will take to complete a project well in advance**.

This way, as your deadline approaches and anxiety ramps up, you'll still be able to finish on time!

ADHD SUPERHERO TIP #5: Plan for procrastination.

The next time you have a project to complete with a set deadline, sit down and follow these steps to plan for your procrastination:

1. Assess how long (in hours) it will take you to complete this project.
2. Take that time and add 20-50% to it (to account for unknown blockers, getting sidetracked, etc.).
3. Work backwards from your deadline and mark on your calendar the point at which you have just enough time to complete the project based on what you calculated in steps 1 & 2.
4. You now have a new "deadline" to provide you the stimulation for action!

These steps help put some guardrails and structure around your procrastination! Now, the stimulation will come from nearing the latest possible point in time you can start which still gives you enough time to finish the project and meet your deadline!

 [Check out my full interview with Emily here.](#)





6 Vinnie Tortorich

Vinnie Tortorich is an entrepreneur, podcast host, fitness trainer, model, and international motivational speaker. He is the best-selling author of *Fitness Confidential: Adventures in the Weight-Loss Game* and has trained everyone from Hollywood celebrities to ironman triathletes to titans of business.

NSNG

Serving both as a health and wellness mantra, as well as the name for one of Vinnie's companies, NSNG stands for no sugar, no grains.

Vinnie believes that completely cutting out (or severely limiting) your intake of added sugar (i.e. high-fructose corn syrup) and grains will not only deliver amazing results for your waistline, but also amazing results for your brain too.

Especially for those with ADHD!

Our faster than normal brains amplify the effects, including the crash, of a sugar rush. These mental peaks and valleys caused by our overconsumption of sugar can make any day incredibly difficult for an ADHD brain to navigate.

ADHD SUPERHERO TIP #6: No sugar, no grains (most of the time!).

(NOTE: Consult with your doctor before making any drastic dietary changes :))

Start slow with any change to your diet, as going cold turkey can make it difficult for a new, healthy habit to stick. A good place to start is by changing your breakfast, which is a meal notorious for added sugars and grains.

Here are some common breakfast foods to REMOVE from your diet:

- ☒ Cereals
- ☒ Juice
- ☒ Oatmeal
- ☒ Toast
- ☒ Yogurt with added sugar
- ☒ Grits

Instead, try this as an NSNG breakfast:

- ☒ Scrambled eggs with peppers and mushrooms (cooked in grass fed butter)
- ☒ Some bacon or sausage
- ☒ Avocado
- ☒ Some plain yogurt with a handful of blueberries

 [Check out my full interview with Vinnie here.](#)





7 John Sonmez

John Sonmez is the founder of Simple Programmer and the author of *Soft Skills: The Software Developer's Life Manual*. John specializes in helping improve the lives and careers of software developers, programmers, and other IT professionals.

John's Meta Rule

Like most successful people with ADHD, John has a set structure and set of rules that eliminate small decisions and keeps his life running smoothly.

It's everything from set workout schedules and pre-selected meals to morning and work routines. John has a rule for almost everything!

However, John has a rule that governs all of his rules, called his meta rule (say that three times fast!).

And that is: You can only MODIFY a rule when you're not in the middle of the rule.

For example, if one of John's rules is to run 40 miles each week, he can't change the rule so he only has to run 25 for the current week. He can only change it for all subsequent weeks, and MUST finish his 40 miles for the current week.

This is extremely useful, because it keeps him from becoming a slave to the moment (whether he's emotional, tired, angry, etc.) and falling down the slippery slope of compromising the very set structure that makes him so successful in the first place.


ADHD SUPERHERO TIP #7: Set rules, stick to them, and modify only for the future.

Create plans and rules that eliminate the need for repetitive small decisions such as what to wear each day, what route to take to work, etc. (I go over this in detail in the *Faster than Normal* course).

Test these rules in your daily life. And if you notice while executing a specific rule that something needs to be changed or improved, follow the current rule to the end and change it only for all future instances.

You will cultivate accountability to yourself and to your systems, which will help you succeed with ADHD.

Create your plan when you're NOT in the moment – When you're NOT fueled by passion, dopamine, or fire. Then you can make the right decisions!

 [Check out my full interview with John here.](#)



I hope you've enjoyed the tips, tactics, stories, and habits of these ADHD superheroes! To check out their full interviews, and to hear more ADHD superheroes share their stories and secrets, head over to the **Faster than Normal podcast.**

Or join the Faster Than Normal Course!

38 three-minute videos showing you exactly how to live your life Faster Than Normal, membership into the Faster Than Normal private community, conversations with me, and much, much more!

[JOIN FTN COURSE](#)

