

Are You Ready?

A CHECKLIST TO HELP YOU STOP OVERTHINKING AND GET STARTED NOW

We're not actually putting it off, are we?

We feel **disciplined** to finish what we're doing...and not be **distracted** by something new. We've fallen for it too many times, so we **plan** to do it first thing tomorrow. When tomorrow comes, a *totally unexpected thing has to be done* **first**. No problem, we'll start right after it's done. Except *it* takes longer than expected, and now another week has gone by. Rinse, repeat, sigh.

We only have "Now" and "Not-Now." Now is *always full*. Not-Now is *always open*. If you've been thinking about finding an ADHD provider, attending a support group, or just figuring out where to start—let's start **Now**, *not* Not-Now. Seriously, *stop reading this* and [click here](#) to toss it over for me to make happen before it quietly slides into your ever-expanding "Not-Now".

Here's how you'll know if you're ready to take the first step.

Mindset Check

- ☐ I'm tired of being stuck and want a clear next step.
- ☐ I know it's easier if I don't have to figure this out alone.
- ☐ I'm curious about learning what could for me, not just what should work for me.
- ☐ I'm frustrated with feeling frustrated by endless scrolling because I don't know what I'm looking for.

What I Want to Figure Out

- ☐ How to find an ADHD coach, therapist, or doctor who listens—and I don't have to explain or defend ADHD.
- ☐ What kind of provider I need—coach, therapist, prescriber, or all three?
- ☐ What questions to ask when reaching out to a provider.
- ☐ How to tell if a resource or expert is **actually** trustworthy.
- ☐ What ADHD treatment options I have (medication, therapy, coaching, etc.).
- ☐ How to work with my insurance instead of getting stuck in red tape.
- ☐ How to **get the most out of working with** a provider once I find one.

Barriers I'm Ready to Work Through

- ☐ I keep researching but never actually reach out to a provider. When I do, they aren't a good fit.
- ☐ I've put this off because I don't know what's step one.
- ☐ I feel like I "should" already know how to do this on my own.
- ☐ I've had a bad experience before and don't want to go through that again.
- ☐ I always assume I just need to try harder instead of looking for the right support.
- ☐ I'm worried about wasting time or money on the wrong provider.

Signs I'm Ready to Get Started

- ☐ I've been thinking about this for weeks (or months) and still haven't *gotten around to it".
- ☐ I want help but don't know where to start.
- ☐ I want a clear plan so I'm not wasting time or energy.
- ☐ I'd rather take one step now than keep pushing it off.
- ☐ I realize waiting hasn't made things easier.

Still unsure? If you checked off more than three in each section, you're ready. Let's take that first step—together. Click [here](#) to get started. Now...or maybe tomorrow, but now I'm involved, so we'll get it done it together.