

Cam's Seven Factors to Action

Source: Translating ADHD Podcast 1/27/2020 & 2/3/2020

(Note: These are for the next specific step, not the task as a whole!)



1. Interest

- Does it capture your attention or curiosity?
- Does it relate to your existing interests or areas of expertise?
- Do you find your thoughts returning to it often?

2. Ease

- Your skill/experience with it
 - Have you been trained on it or seen it demonstrated?
- Your clarity around it
 - Do you know what the next step is?
 - Do you know what your role or part is?
 - Do you have documented steps that are accurate & detailed enough to follow?
 - Do you know what completion looks like?
- Is it during a time of day when you have the appropriate energy for it?

3. Urgency

- Does it have hard or soft deadlines?
- How close are those deadlines?
- Is it already scheduled?

4. Fun

- Do you enjoy the task?
- Does it recharge you, or drain you?
- How much of it is a new experience for you?

5. Accountability

- Is there someone else with a vested interest in this?
- Do you have structures in place to support you in getting this done?

6. Significance (Relevance & Importance)

- Does it directly affect your daily life or routine?
- What would be the consequences of ignoring it?
- Where would you rank it among your other tasks or concerns?
- How well does it align with your personal or professional goals?
- How well does it align with your core values or beliefs?

7. Emotional load

- Could there be any underlying emotions nudging you towards avoidance of the task?
 - Anxiety?
 - Shame?
 - Past trauma?
 - Past failures to accomplish it? (i.e. [Wall of Awful](#))