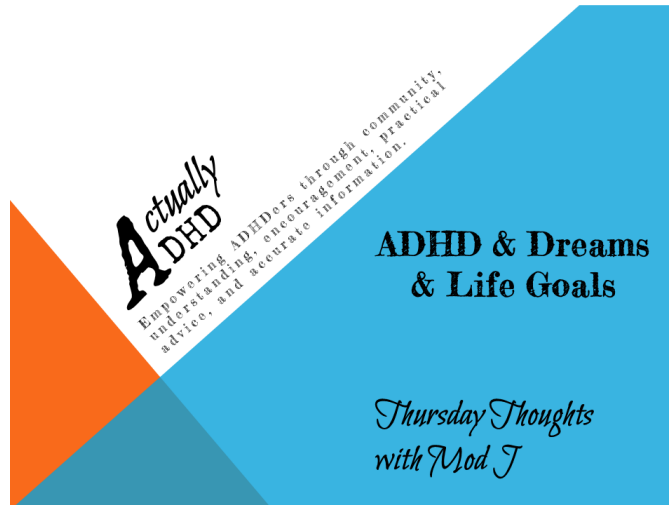


ADHD & Dreams & Life Goals :: Actually ADHD

Video Transcript

00:00



[Image Description: Orange, white, and turquoise triangles with black text. Text on white (upper left, angled up from lower left corner) reads “Actually ADHD Empowering ADHDers through community, understanding, encouragement, practical advice, and accurate information.” Text on turquoise (lower right, horizontal text) reads “ADHD & Dreams & Life Goals Thursday Thoughts with Mod J”]

00:04 Hi everyone!

I'm J from the Actually ADHD Tumblr. Welcome to the official Actually ADHD YouTube Channel!

Today I'm going to kick off a series of Thursday Thoughts videos about ADHD and our dreams and life goals. I have lots to talk about, which is why I'm going to make it a series. I want to keep my videos short and easy to digest.

I have two topics today. Number 1, Why cover this topic? and Number 2, an overview of the ways ADHD can impact our dreams and life goals.

00:46



[Image Description: Orange, white, and turquoise triangles with black text. Text on white (upper left, angled up from lower left corner) reads “Actually ADHD Empowering ADHDers through community, understanding, encouragement, practical advice, and accurate information.” Text on turquoise (lower right, horizontal text) reads “1. Why cover this topic?”]

00:51 I recently watched a video by Sarah Hawkinson about giving up on her dreams, and it got me thinking about that in relation to ADHD. I don't think Sarah has ADHD, but a lot of the things she said about why she gave up on her dreams and

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what's happening with them now are really relatable. You can go watch her video if you like, it's linked below (<https://youtu.be/ZdmUbB3ADeY>), in the description.

01:17



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01:22

ADHD is consistently inconsistent. This means that our interests, attention span, memory, focus, and energy fluctuate from moment to moment. We can't really predict what we'll be able to accomplish from day to day because of this fluctuation.

That can have a huge impact on your dreams, your life goals, and how things play out over time.

For example, it can make it really hard to decide what to study at post-secondary, since you can't really be certain you'll still be interested in the field when you're finished your degree or diploma. It can be difficult to keep a job and turn it into a career, since you might impulsively quit when you lose interest. The only thing you're consistently interested in enough to turn into a career may require skills or talent that you don't have and aren't patient enough to develop, or it may not be something that you can earn a living at.

It has always bothered me when successful ADHDers are profiled as being people who took their special interests, or hyperfixations, or passions, and turned them into careers. It bugs me because the implication is that all of us can do the same if we can just find the right "thing," and I don't think that's true. These people must have amazing support, people who handle all the stuff they can't do. Things like paperwork, cooking, and cleaning. Some of that support must handle getting them to meetings on time, too. I mean, if I could afford a housekeeper who knows what I might be doing now?

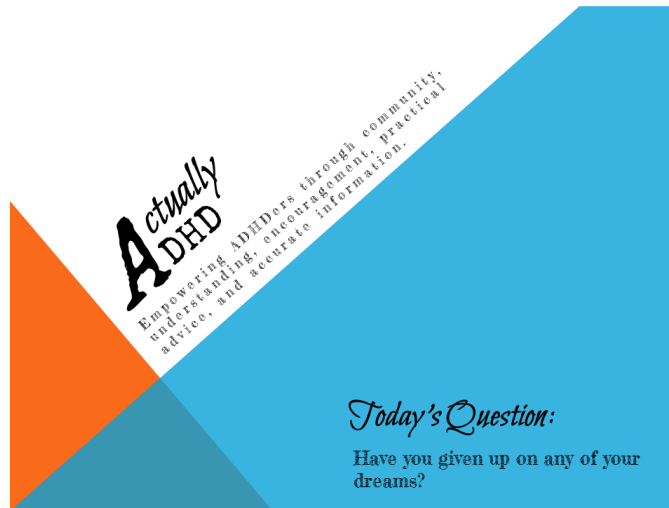
But hey, don't worry. it's not all bad! Yes, ADHD can have a negative effect on our ability to achieve our dreams and life goals. It wouldn't be a disorder if it didn't negatively affect our lives. But I do think that it can be beneficial in some ways. For example, we can sometimes have great ideas that will help transform a project into something truly amazing. We are also likely to want to act as soon as we have the idea, which can sometimes get things moving in the right direction far more quickly than if we follow protocol. We can also end up with such a wide range of knowledge on such a wide range of topics, thanks to hyperfocus deep dives, that we can pull information from all over to help us navigate a difficult

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situation.

In future videos in this series, I'll be looking at a variety of specific traits of ADHD that can impact our dreams and life goals, and hopefully I'll be able to provide a few practical suggestions to help you deal with those things in a positive manner.

04:21



[Image Description: Orange, white, and turquoise triangles with black text. Text on white (upper left, angled up from lower left corner) reads "Actually ADHD Empowering ADHDers through community, understanding, encouragement, practical advice, and accurate information." Text on turquoise (lower right, horizontal text) reads "Today's Question: Have you given up on any of your dreams?"]

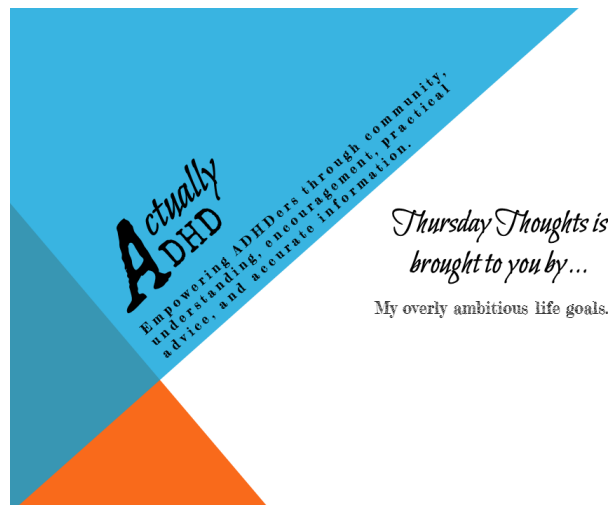
04:26 Have you given up on any of your dreams? Why or why not? Answer below!

Do you have any questions related to dreams and life goals that I can include in a future video in this series? How about other topics related to ADHD that you'd like me to talk about?

That's it for today. Don't forget to like, comment, and subscribe, and keep an eye out for my next upload!

Peace and Blessings.

04:55



[Image Description: Orange, white, and turquoise triangles with black text. Text on turquoise (upper left, angled up from lower left corner) reads "Actually ADHD Empowering ADHDers through community, understanding, encouragement, practical advice, and accurate information." Text on white (lower right, horizontal text) reads "Thursday Thoughts is brought to you by... My overly ambitious life goals."]