

Dreams, Goals, and Your Career

As discussed in the video, special interests/hyperfixations are long-term intense interests. We tend to hyperfocus on them and learn as much as possible while they're on our radar. As a result, we can become extremely knowledgeable about some pretty wide-ranging topics. This can help or hinder our careers. The following questions are designed to help you figure out how to harness your special interests/hyperfixations so they help your career.

1. What are your current special interests/hyperfixations?

2. What are some past special interests/hyperfixations?

3. Do you cycle between special interests/hyperfixations, or do you drop them as soon as something else catches your attention?

4. Are you an expert on any of your current or past special interests/hyperfixations?

5. Is there a common thread running through your special interests/hyperfixations? What is it?

6. What are your skills and abilities—what are you good at?

7. Is there some way you might be able to combine repeated special interests/hyperfixations (or the common thread running through them all) and your particular skills and abilities?

Share your results with us on Tumblr (<http://actuallyadhd.tumblr.com>) via Asks or Submissions, and we can discuss your options. If you're having trouble figuring out a way to combine things for a career, this can be extremely helpful!