PAM SEINO

PRODUCTIVITY WITH ADHD PROMPT PACK

Introduction

This detailed prompt pack transforms key insights into actionable AI prompts designed to help individuals with ADHD maximize their potential. Leveraging AI assistance allows you to implement strategies more effectively and create sustainable systems for success.

The prompts are structured to address the main areas covered in this guide:

- ➔ Executive Function Management
- ➔ Space Organization
- ➔ Time Management
- ➔ Habit Formation
- ➔ Self-Care & Wellness
- ➔ Overall Success Framework

Each prompt is crafted to help you receive specific, personalized guidance from AI assistants while implementing the book's strategies in your daily life.

Actionable Prompts

Executive Function Enhancement

1. **Task Breakdown Analysis**
   I need help breaking down this project into ADHD-friendly steps:
   [Describe your project]
   Please create a detailed breakdown that:
   1. Includes small, manageable tasks
   2. Identifies potential executive function challenges
   3. Suggests specific strategies for each step
   4. Provides estimated time frames
   5. Lists required resources
   Consider my ADHD tendencies when structuring this breakdown.

2. **Working Memory Support System**
   Help me design a working memory support system for:
   [Describe your regular activities/responsibilities]
   Please include:
   1. Digital tool recommendations
   2. Physical reminder strategies
   3. Memory trigger points
   4. Backup systems for important information
   5. Integration with existing habits
   Consider my current challenges: [List specific memory-related struggles]

3. **Impulse Management Protocol**
   I need strategies to manage impulse control in this situation:
   [Describe specific scenario]
   Please provide:
   1. Immediate intervention techniques

2. Environmental modifications
3. Preventive strategies
4. Recovery protocols
5. Success metrics

My current coping mechanisms include: [List current strategies]

Space Organization

4. **Workspace Optimization**
   Help me optimize my workspace for ADHD management:
   Current setup: [Describe your workspace]
   Main activities: [List primary activities]
   Common challenges: [Describe focus/organization issues]
   Please provide:
   1. Zoning recommendations
   2. Essential equipment placement
   3. Distraction management solutions
   4. Maintenance routines

5. **Digital Organization System**
   I need a digital organization system for:
   [Describe your digital needs/current chaos points]
   Requirements:
   1. File structure
   2. Naming conventions
   3. Backup protocols
   4. Access methods
   5. Maintenance schedule
      Current tools: [List digital tools you use]

6. **Physical Organization Strategy**
   Help me create a sustainable organization system for:

[Describe space/items to organize]
Consider:
1. My ADHD tendencies: [List specific challenges]
2. Available space: [Describe space constraints]
3. Daily routines: [Outline typical day]
   Please provide:
4. Categorization method
5. Storage solutions
6. Maintenance schedule
7. Visual organization tools

Time Management

7. **Personal Time Mapping**
   Help me create a realistic time map considering my ADHD:
   Daily commitments: [List regular activities]
   Energy patterns: [Describe high/low energy times]
   Please create:
   1. Flexible schedule template
   2. Buffer zone allocation
   3. Task-energy matching
   4. Transition time allowances
   Consider these challenges: [List time management struggles]

8. **Task Prioritization System**
   Design a prioritization system for my:
   [Describe work/personal context]
   Including:
   1. Priority criteria
   2. Decision matrix
   3. Emergency protocols
   4. Delegation guidelines

Current struggles: [List prioritization challenges]

9. **Time Blocking Template**
   Create a personalized time blocking system for:
   [Describe typical day/week]
   Consider:
   1. Focus periods: [Best focus times]
   2. Regular commitments: [List fixed appointments]
   3. Energy fluctuations: [Describe patterns]
      Please include:
   4. Block categories
   5. Duration recommendations
   6. Flexibility guidelines
   7. Recovery periods

Habit Formation

10. **Habit Building Framework**
    Help me develop a sustainable habit for:
    [Describe desired habit]
    Current situation: [Describe relevant context]
    Challenges: [List potential obstacles]
    Please provide:
    1. Implementation steps
    2. Trigger design
    3. Reward system
    4. Progress tracking
    5. Maintenance strategy

11. **Environmental Design**
    Help me modify my environment to support:
    [Describe desired behavior/habit]

Current setup: [Describe relevant space]
Obstacles: [List environmental challenges]
Please provide:

1. Physical modifications
2. Visual cue placement
3. Barrier removal
4. Support system integration

12. **Habit Stack Integration**
    Help me integrate this new habit:
    [Describe new habit]
    Into my existing routine:
    [Describe current routine]
    Please create:
    1. Connection points
    2. Transition strategies
    3. Reminder systems
    4. Backup plans

Self-Care & Wellness

13. **Energy Management Protocol**
    Design an energy management system for my:
    [Describe typical day/requirements]
    Including:
    1. Energy audit template
    2. Recovery strategies
    3. Peak performance windows
    4. Warning signs
    Current challenges: [List energy-related issues]

14. **Stress Management Strategy**
    Create a personalized stress management plan:
    Stress triggers: [List common triggers]
    Available time: [Specify time constraints]
    Resources: [List available tools/support]
    Please include:
    1. Quick interventions
    2. Daily practices
    3. Emergency protocols
    4. Prevention strategies

15. **Sleep Optimization Plan**
    Help me design a sleep routine considering:
    Current schedule: [Describe sleep patterns]
    ADHD symptoms: [List relevant challenges]
    Goals: [Describe sleep objectives]
    Please provide:
    1. Wind-down sequence
    2. Environmental adjustments
    3. Routine components
    4. Recovery strategies

Success Framework

16. **Progress Tracking System**
    Design a progress tracking system for:
    [Describe goals/areas to track]
    Requirements:
    1. ADHD-friendly metrics
    2. Measurement frequency

3. Review protocols
4. Adjustment guidelines

Current challenges: [List tracking difficulties]

17. **Accountability Framework**
    Create an accountability system for:
    [Describe goals/projects]
    Including:
    1. Check-in schedule
    2. Progress metrics
    3. Support network
    4. Adjustment protocols

    Available resources: [List potential support]

18. **Recovery Protocol**
    Design a recovery system for when I:
    [Describe common setback scenarios]
    Including:
    1. Immediate actions
    2. Support activation
    3. Re-engagement steps
    4. Prevention strategies

    Current patterns: [Describe typical reactions]

Implementation Strategy

To effectively use these prompts with AI assistance:

1. **Initial Setup**
   - ➔ Review all prompts and identify those most relevant to your current needs
   - ➔ Prioritize 2-3 areas to focus on initially
   - ➔ Schedule regular check-ins with your AI assistant
2. **Daily Implementation**
   - ➔ Use morning check-ins to plan your day
   - ➔ Utilize prompts during transition periods
   - ➔ End-of-day review for adjustment and planning
3. **Weekly Review**
   - ➔ Assess prompt effectiveness
   - ➔ Adjust strategies based on results
   - ➔ Plan next week's focus areas
4. **Monthly Evaluation**
   - ➔ Review overall progress
   - ➔ Identify areas needing modification
   - ➔ Update prompts based on changing needs

Remember to:

1. Be specific when providing context
2. Update prompts based on your experience
3. Keep track of successful strategies
4. Maintain flexibility in implementation

Systematically using these prompts with AI assistance helps you create personalized solutions that align with your ADHD brain instead of working against it. Start with the areas that feel most pressing, then gradually expand your implementation as you build confidence and success.