

ADHD REWARD SYSTEM



Neurodivergent person needs extra stimulation because they have lower levels of dopamine, a chemical in the brain that brings pleasure and motivation. By setting up rewards for yourself, you can help your brain stimulate the production of dopamine. This increase in dopamine gives you the push you need to get through boring tasks and stay motivated.



Please provide a list of tasks, starting from the ones you find most boring to the ones you find least boring.

Form consisting of 12 horizontal rounded rectangular boxes, each with a colored circle on the left side. The circles are arranged in three groups of four, with colors transitioning from dark purple to light pink within each group.

Please provide a list of rewards, beginning with the smaller ones and progressing toward the bigger ones.

A vertical list of nine rounded rectangular boxes for writing rewards. Each box has a colored circle on the left side, with colors alternating between dark purple, medium purple, and pink from top to bottom.

Pair your most boring task with a bigger reward.

Tasks	Rewards
E.g. Cleaning the house	E.g. Watching your favorite movie

Make a list of micro rewards. Micro Rewards are small rewards you can enjoy while doing a boring task. So you can focus more on the positive side of the task!

E.g. Drinking coffee while doing the dishes

Micro Rewards	Tasks



Created by a Licensed Social worker and Certified Addiction Informed Professional, this resource is designed to enhance self-awareness, offer valuable coping techniques, and aid in setting personal goals.

Embrace its valuable insights and proactive methods to unlock your potential for effective mental health management.



© InnerConnectionTherapyandWellness

