

# Top 5 ADHD brain hacks

by Pasha Marlowe

## Parkinson's law

- **Principle:** The more time you allocate to a task, the longer it will take.
- **Strategy:** Set specific, shorter deadlines for tasks to increase the likelihood of timely completion.

## Create urgency

- **Principle:** Self-imposed deadlines can foster a sense of urgency.
- **Strategy:** Use urgency to your advantage by setting time blocks or deadlines, even if they are self-imposed.

## Create a menu

- **Principle:** Choices enhance motivation and interest.
- **Strategy:** Offer yourself options for tasks to do, providing a sense of agency and autonomy.

## Double time

- **Principle:** Tasks often take longer than anticipated.
- **Strategy:** Estimate a longer time for tasks to account for unforeseen delays and improve time management.

## Create a launchpad

- **Principle:** A designated place for essentials reduces forgetfulness.
- **Strategy:** Choose a visible spot for items you need daily to minimize delays and anxiety when leaving home.

