

Chatter of  
MAGPIES

Coaching and Mentoring  
for ADHD Allied Health Professionals

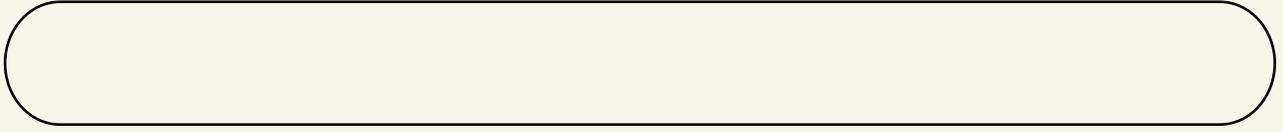
# The Magpies spin on the INCUP strategies

A planning workbook  
to help you move  
your ADHD brain  
from thinking to doing

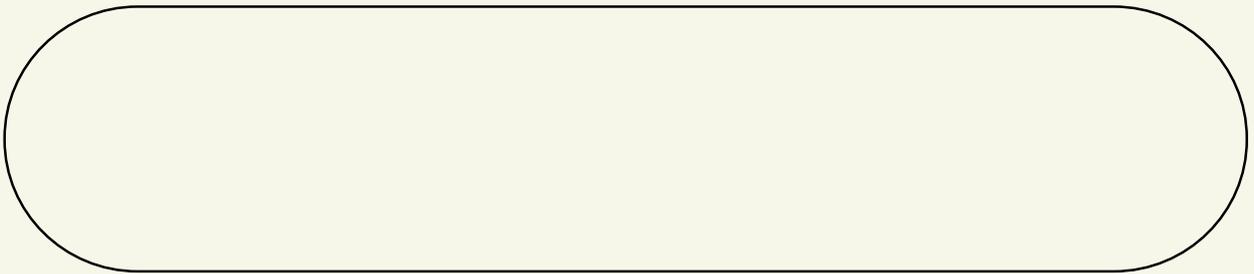


[www.achatterofmagpies.com](http://www.achatterofmagpies.com)

This is the task I want to get going with:



This is what it will look like when it's done:



These are all the resources and info I need to get it done:



The smallest part of this task that would still feel like a win even if it's all I get done right now is:



# Prompts for Dodson's INCUP strategies

## **INTEREST**

What aspect of this catches my curiosity, and can I start there? Which parts am I more excited to get done?

## **NOVELTY**

What options are there to bring in something new, different or out-of-the-ordinary? Do I have different options for the tools and resources I'm using or the space I'm in which I can switch up?

## **CHALLENGE**

What aspects of this are a stretch or a challenge?  
Can I identify a target to achieve or beat?

## **URGENCY**

Is there a (genuine) time limit or deadline?  
What other things will be possible once this is done?

## **PASSION**

Why is this important right now?

# FARM



**Fun**

**How can I make this more fun or bring in something that makes me feel happy?**

## **Accountability**

**Who can I ask to hold me accountable to getting some of this done?**

## **Reward**

**What is an immediate and tangible reward I can give myself?**

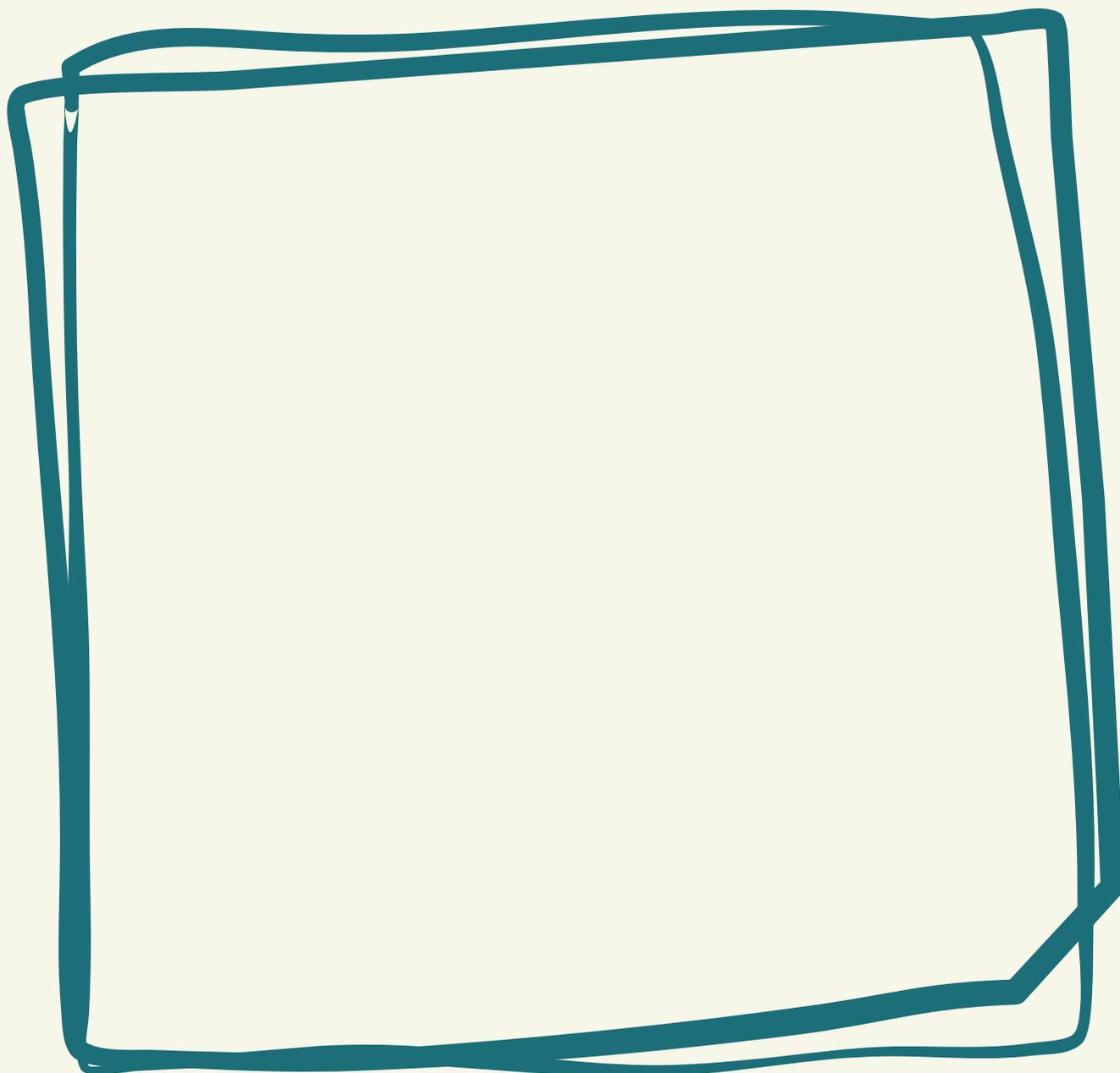
## **Movement**

**How am I going to make sure I move my body while I'm doing this task?**

# One-and-done doesn't work

It's normal for ADHD that not all the strategies work all the time. You need to have multiple options for each strategy to draw from.

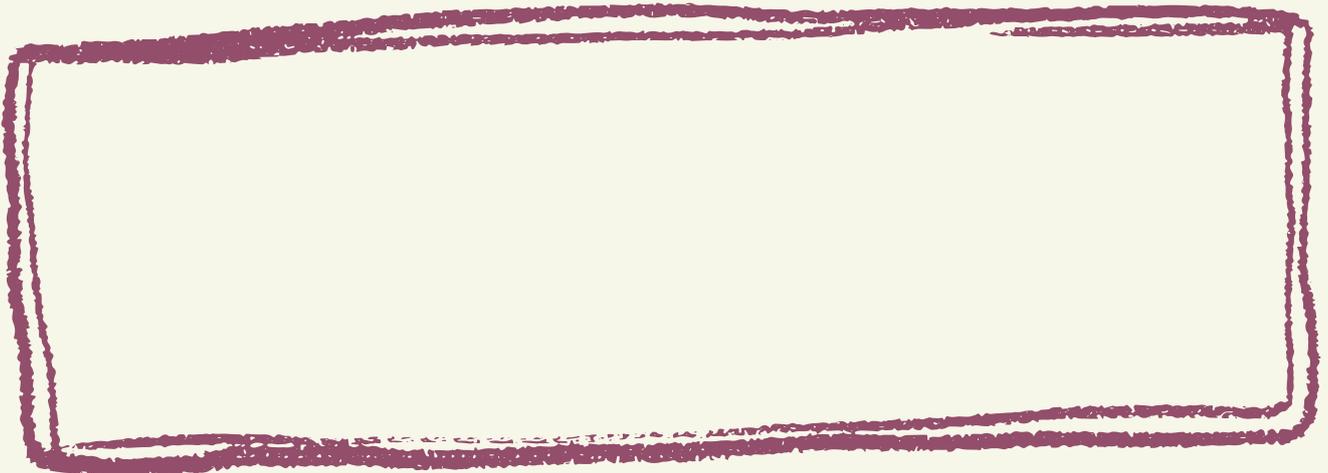
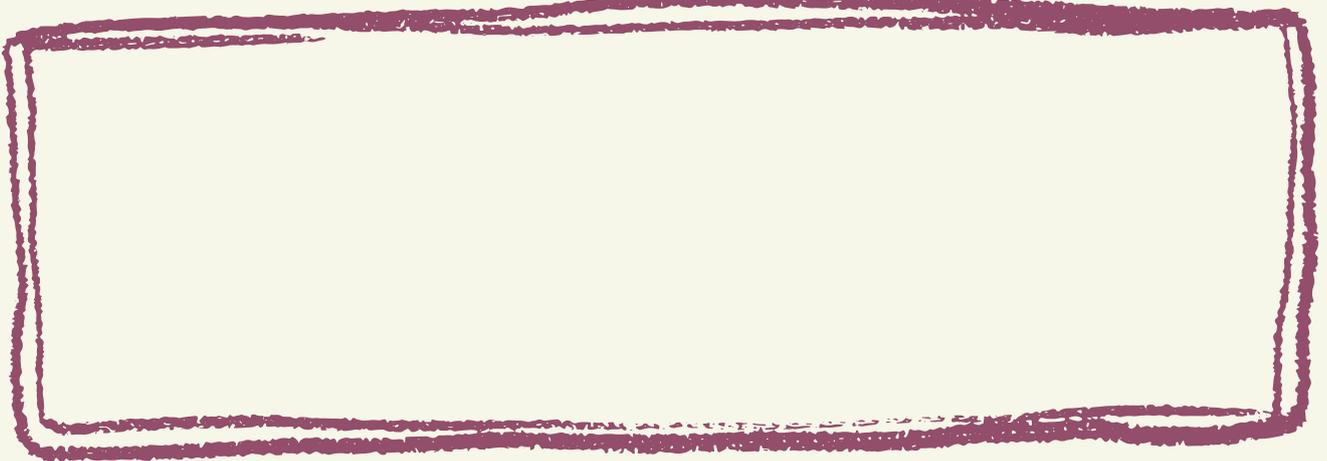
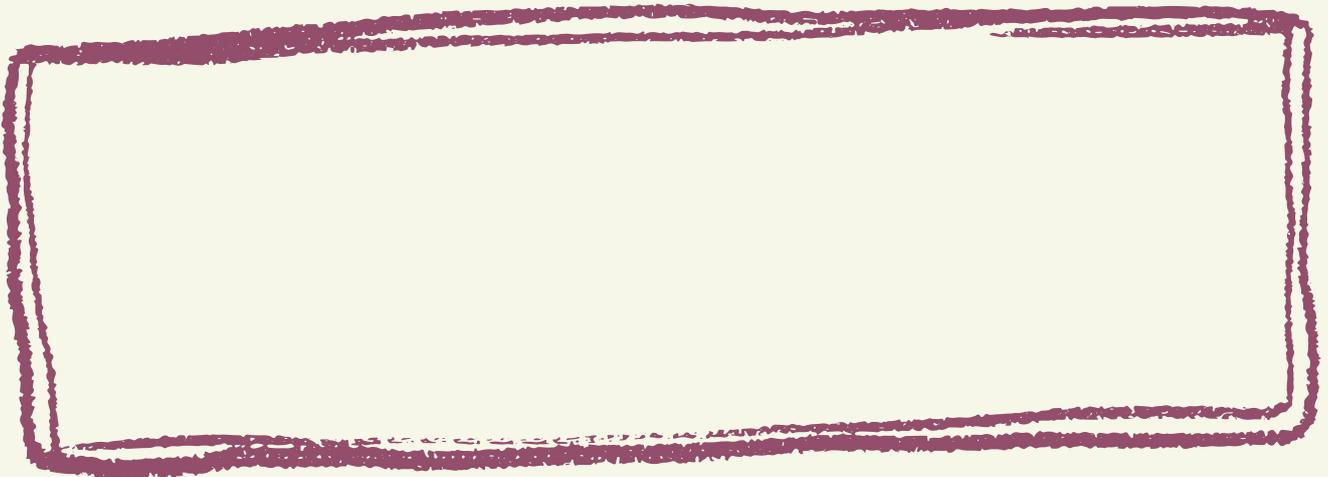
**What are my back up plans here?**



# The Magic Happens in Combos

Finding ways to combine two or more strategies at the same time is usually even more effective - think about how to combine urgency and challenge, for example, by competing against someone else.

**Some combos I can experiment with:**





That's enough  
planning now! Stop!

Set your phone timer  
for 25 minutes and  
get on with it.

**You've got this.**

**Dodson, W., 2022. Secrets of your ADHD brain. ADDitude.**