



# Dr. K's Guide to Mental Health

ADHD Module | Hunters vs. Farmers | Worksheet

## Figuring out your unique attentional fingerprint



Ideal action comes from understanding how our mind is structured.  
Start by observing on your own attention habits.

- What have you noticed about the relationship between routine and attention?
- In what ways does a routine help your attention?
- In what ways does it make it difficult?

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Think about a time when you were hyper-focused. What factors helped create that state of mind (time of day, low stress level, etc)?



Think about a time when it was very difficult to focus on the task you wanted to do. What triggers or distractions got in the way?



- How can you structure your life to maximize on your own unique attentional fingerprint?
- What ways can you schedule things so that it is easy to focus?
- How can you reduce the triggers that distract your focus?

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