



## Permissive Influences Diagnostic

### **Social**

Think about your social influences such as friends, family members, or online interactions.

- How much time do you spend with them?
- How are your motivations affected by each of these social interactions?
- What kinds of motivation are cultivated in these relationships?

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- Do you feel inspired or motivated after spending time with them?
- What is it like interacting with them?
- How do you feel after spending time with them?
- Are they supportive / not supportive of your goals?

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ADHD Module | Permissive Influences on Motivation | Worksheet

## **Temporal**

Think about different times of your day (morning, noon, evening, etc), times during the week (weekdays, weekends), and seasons.

- When has it been the easiest to work on your goals?
- When has motivation come easily for you?

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- When is it difficult to work on your goals?
- When is it hard to find motivation to do things?

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- Are there specific times of the day, days of the week, or months of the year that takes more/less effort to do things?

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## **Environmental**

- Where do you get the best work done?
- What details about the surrounding are influential in maintaining your focus?

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- Think about a time when you found it hard to focus.
- Where were you?
- What environmental factors distract your focus?

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- How can you shape your surroundings to help your motivation?

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## **Cognitive**

- What activities stimulate your cognition in a positive way?

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- What daily actions help activate your motivation?

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- What activities do you engage in that make it easy to procrastinate and loose your focus?

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## Action Plan for Permissive Influences

For each goal that you have, write out one change in each category you can implement this upcoming week.



**Goal**



**Social**



**Temporal**



**Environmental**



**Cognitive**

