

Sept 11 2004

Started with “breaking things down”

Goblin tools – AI for breaking things down into steps – can modify, delete, even see estimates of time

Related to it: “tone checker” for emails → Judge; Formalizer

Thinking of starting own enterprise/business
Stay or go out on own?

Overwhelm/Abandonment
Consult with someone in the same field?

Entrepreneurship vs Working for Someone Else
(burnout and frustration in workplace; needing support and not being able to get the professional development, accommodations; working at max for so long)
Making shift to working for self
Being patient with self helped
Recognizing there will be a grieving process

*Request for specific support for ADHD entrepreneurs

Tried to go out on own
Went to contract role
Then out on own again
Love being part of a team – is hard on her own without others to “high five”
Body doubling made her really effective
Wasn’t the work, was the environment and the people
Struggles with motivation, not excited – is environment, working remotely at home
Get a virtual assistant?
May change careers now that know what energizes her (helping people and needing a place to go → sep work and home “like”

Trying to build small business – very creative — motivation up and down, energy levels up and down; gets frustrated and stuck; fear of not succeeding; works part-time in retail and likes it and is a caregiver
Struggle to finish the task
Increases anxiety
Loses focus

Some of us work best alone – can take breaks – does get bored if not challenging enough or can get overwhelmed if too challenging

Having support

Meeting with supervisor at being at shift for specific list of to dos

Playlists to match “tasks” or “audiobooks” to specific tasks

ADDA has an entrepreneurship group (support)

Collaborative groups of similarly employed or similar business owners/entrepreneurs

Gets the high fives, able to brainstorm, create group chats to stay connected

Making the investments in the tools to support us (software)

Reframing the cost of things

Writing down the steps of the things you do regularly – to share with virtual assistant

Resources: SBDC, WBC, SCORE

Fear of failure/fear of success paradox

What do I need when I’m at my worst?

Recognizing what we need when on trips

Taking breaks often

Eating often (snacks)

Drinking water

Next week: ducks in a row, transitions, frustration and intersectionality