

For a neurodivergent person like myself, **mainstream productivity approaches don't work** because they assume that I have reliable short-term memory, time awareness, can accept sloppy specification of "reality", and am motivated deferred rewards. **None of this works for someone with an ADHD+ASD structured mind.** Setting goals and methodically executing them step-by-step is pure torture despite knowing that this does work. It just doesn't work for us because OMG SO BORING.

GROUNDHOG DAY RESOLUTIONS 2023

This year I'm kicking-off Groundhog Day Resolutions (aka **GHDR**) with an **emergent** approach that appeals to my "logic driven by emotion" core.

I've characterized the relevant 2022 insights below:

- I prefer to **improvise within a well-defined strategic context** rather than plod through the steps of a bad recipe.
- I have many **ADHD** and **ASD** traits with **unique mitigations**; I can recast my old productivity tricks within this framework of understanding for **improved effect**.
- I am highly **emotionally motivated**, and this is provided by **constant conversation** with others. For ADHD folk like me, **emotional connection is always immediately rewarding**.
- I have particular **sensitivities** that are hard for others to relate with unless they share **similar intensity** with regards **truth, excellence**, and accurate **conceptual modeling**. Alienation and negativity is avoided by framing it as a **communication challenge** with mainstream society.

I'm developing a new productivity scaffold GHDR 2023 with these insights in mind. See <https://dsriseah.com/ghdr/2023> for current progress!

DSRI 2023 STRATEGIC HORIZONS

Colony **Architecture and Development**

Vision Charter Roadmap Public Square Bazaar Expedition Hall

Sri **Articulation of Self**

Code PKMS Trade Goods Barbers Takes Traits

Overarching **Doctrine**

- From now on all visual design work will be **generated** by **my own software tech**. This includes calendars, planners, and data docs.
- The DS|CAFE Coworking Discord is the **anchor** on which I can establish an **inviting community** that **suits me** and those like me.

DSRI 2023 TRIAL GUIDANCE

1. Commit to **never work alone, ever**; always gather engaged collaborators to share an expedition.
2. It's OK to **use ADHD+ASD masking strategies** to improve communication for my own benefit.
3. My work day is primarily that of **a writer searching for useful truths**; design+development is part of the package delivered from that.
4. Always make time to **pursue, document, and share** the discoveries that are arguably relevant to any task at hand.

DSRI 2023 PROCESSES

- Using the **two-slot+aux** approach is acceptable practice.
- The **writing-first approach** is acceptable for all tasks.
- Indulging in **visual diagramming** is generally justifiable.
- Use **two-minute tasking** to initiate stuck actions. Set up to three tasks every day; trust that once tasks starts I will go much longer.
- Use **inquiry-driven action** to break paralysis and boredom.
- Use my **compulsion** to uncover **excellence** and **hidden truths** to trigger focused attention.
- **Sharing** my findings **with others** is **essential** for maintaining task interest and long-term project engagement.
- Set **90-min max** time on a single task, then take a break. Use **23-minute naps** and seek **novel sensory input** to maintain mental freshness
- Do my best to follow good sleep, nutrition, hydration, and fitness practices to **support higher dopamine** levels.