SURVIVE AND THRIVE
Managing Life with Adult ADHD

Abigail's Podcast Cheatsheet
#004 How to Stop Being Late, Mostly

6 Tips:

1) If there is a psychiatric component such as depression and/or anxiety, get help. How you feel affects your ability to show up on time and be fully present.
2) Always have something with you to do to keep yourself entertained if you get somewhere early. That way you won't feel you're wasting time if you leave early to get somewhere.
3) Create your own 15 minute rule. Mine is that I can't start anything new within fifteen minutes of when I need to leave to get somewhere, especially not reading which is my kryptonite. What is your kryptonite?
4) Calculate the longest it will take you to get somewhere, not the shortest amount of time it will take to get there. Schedule the time in your calendar to help you leave with enough time to be on time.
5) Always, always, call or text if you are going to be late and then immediately get going if you are not already. This is a way of showing respect for the other person and their time.
6) Finally, if you are running late, remove something from your schedule so that you are not running late all day.

Bonus Tip:

If you do arrive late, apologize quickly and succinctly. Don't waste more of their time with explanations that always sound like excuses as to why you are late. Simply take full responsibility and move on.

Thank you for listening to my podcast and downloading this cheatsheet. For further information go to my website www.abigailwurf.com.