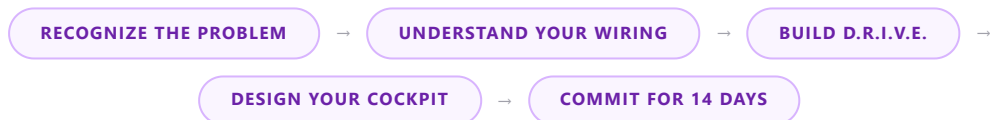


LIVE WORKSHOP COMPANION

The **ADHD Advantage** Workbook

Your live companion for the 65-minute workshop. Fill this in real time and walk away with a complete, personalized ADHD study system — built for your brain, in your own handwriting.



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SECTION 01

Reflection: “What Is Wrong With Me?”

Before we learn the fix, let’s name the struggle. Be honest — nobody is collecting this. This is where the guilt gets named out loud, so we can leave it behind.

Name Your Struggle

Three honest answers. There are no wrong ones.

1 • WHAT DO YOU USUALLY DO WHEN YOU TRY TO STUDY?

e.g., Sit down, stare at the book, pick up my phone · read the same page five times · wait until the night before and panic

2 • WHAT’S THE MOMENT YOU FEEL MOST STUCK?

e.g., I can’t start · I zone out after 3 minutes · I hyperfocus on the wrong thing · I read but nothing goes in

3 • WHAT HAVE YOU BEEN TOLD ABOUT YOUR ATTENTION?

e.g., “Just try harder” · “You’re lazy” · “Sit still and concentrate” · “You don’t care enough”

WHY THIS MATTERS

Most ADHD students have been told they’re broken their entire lives. Here’s the truth you’ll hear today: **nothing is wrong with you.** Your brain is wired differently — and once you understand the wiring, you can drive it.

SECTION 02

Understand Your Engine: Dopamine • Time • Interest

Diagnose your own brain across the three core ADHD differences. Answer for your real life, not your ideal life.

Your Wiring Diagnostic

Three systems. This turns abstract science into your personal map.

ONE • DOPAMINE — YOUR FUEL SYSTEM

When does your brain feel fully powered? When does it feel like the engine has stalled?

e.g., Powered: gaming, drawing, videos about space. Stalled: textbooks, essays, homework with no deadline

TWO • TIME — YOUR TIME BLINDNESS

What does “tomorrow” feel like to you? What does “in three weeks” feel like?

e.g., Tomorrow feels like it might as well be never. Three weeks doesn't exist until it's two days away

THREE • INTEREST — YOUR IGNITION SWITCH

What can you hyperfocus on for hours? What can you not start even when it matters?

e.g., I can spend four hours building a Minecraft world. I can't spend ten minutes starting my History essay

WHY THIS MATTERS

You stop thinking “I’m broken” and start thinking: **my brain runs on interest, urgency, and novelty** — and nobody ever told me that. That’s not a defect. That’s a spec sheet.

SECTION 03

Activity 1: The D.R.I.V.E. Builder (D • R • I • V)

Build four of the five D.R.I.V.E. moves using your real subjects and real struggles.

Use your actual worst subject. Not a hypothetical. The one that makes you want to throw the book.

D**DEADLINE — YOUR EXTERNAL TIMER**

At [time], I will set a [number]-minute timer. When it rings, I stop. No negotiation.

Key rule: external and visible. A ticking, real deadline — not “I’ll try to do an hour.”

R**REWARD — YOUR IMMEDIATE REFUEL**

After each block, I will [small physical reward].

Key rule: immediate, small, physical. Later doesn’t exist for your brain. Now exists.

I**INTEREST — YOUR ANGLE INTO THE WORST SUBJECT**

The least boring part of [subject] is [specific entry point]. I’ll start there.

Key rule: you don’t have to start at the “right” place. You start where the spark is.

V**VARY — YOUR TWO ROTATING SUBJECTS**

I will rotate between [Subject A] and [Subject B] every [number] minutes.

Key rule: rotation IS focus for ADHD brains. Novelty of switching keeps the engine engaged.

⌚ PAUSE — 60 SECONDS. LO-FI PLAYS. WRITE.

SECTION 04

Activity 2: Environment + Dopamine Menu

Design your physical cockpit and build your reward menu.

Part A — E: Your Environment (the surprise)

What does YOUR ideal study space look like? Write the honest setup — not the “should.” Not what the teacher wants. What works for your brain.

e.g., Standing at the kitchen counter · brown noise in headphones, not silence · fidget cube in my left hand · switching rooms every 20 minutes · lo-fi, no lyrics

If it looks weird, that's fine. Weird works. Neurotypical “shoulds” don't.

Part B — The Dopamine Menu (your fuel station)

ADHD brains get bored of the same reward. So you build a menu — write one of each:

CATEGORY	WHAT IT IS	EXAMPLE
Appetizers	2-minute quick hits	Pet the dog, cold water, ten star jumps
Mains	15-minute breaks	A walk, one YouTube video, make toast
Sides	Things you do <i>while</i> working	Chewing gum, brown noise, wobble cushion

MY APPETIZER

MY MAIN

MY SIDE

⌚ PAUSE — 60 SECONDS. LET THEM WRITE.

SECTION 04 · PART C

Your Complete D.R.I.V.E. Configuration

Five lines. Real subject. Real time. Real reward. Assemble the entire system:

D**LINE 1 — DEADLINE**

I will study [subject] at [time]. I will set a [number]-minute timer. When it rings, I stop.

R**LINE 2 — REWARD**

After each block, I will [immediate physical reward from my Dopamine Menu].

I**LINE 3 — INTEREST**

The most interesting angle into [subject] is [specific entry point].

V**LINE 4 — VARY**

I will rotate between [Subject A] and [Subject B] every [number] minutes.

E**LINE 5 — ENVIRONMENT**

I will study [where], with [music / noise / fidget / standing].

⏸ PAUSE — 90 SECONDS. LO-FI PLAYS. WRITE.

THE RESULT

You now have a complete, working D.R.I.V.E. system for one real topic. Tomorrow, you don't negotiate. **You execute.**

SECTION 05

The 14-Day Commitment Contract

Sign a real contract with your future self: five specific changes for 14 days. These must be *specific* — “try to focus more” doesn’t count.

CHANGE 1 — EXTERNAL DEADLINE

e.g., I will set a 25-minute timer at 4:00 PM every school day. When it rings, I stop.

CHANGE 2 — IMMEDIATE REWARD

e.g., After each block, I get one song and a snack.

CHANGE 3 — INTEREST ANGLE

e.g., I will start Chemistry with the flame test colours, not the definitions.

CHANGE 4 — ROTATING SUBJECTS

e.g., Biology 12 min → Maths 12 min → Biology 12 min.

CHANGE 5 — ENVIRONMENT

e.g., Kitchen table, standing, brown noise, fidget cube.

SIGNATURE**DATE**

**Your brain isn’t broken. It’s a racecar engine.
Stop driving it like a go-kart. Drive.**

We’re here if you need us. You’ve just built a complete, personalized ADHD study system.
Reach us anytime at neurogeneticsinstitute@gmail.com · or visit neurogeneticsinstitute.com

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The ADHD Advantage Workbook™ is an educational resource based on ADHD and cognitive science research. It is not a clinical or diagnostic assessment.