Can you have a successful life with ADHD?

Brains with ADHD work differently, but not all of these differences are bad.

ADHD helps with divergent thinking and creativity that deliver real world achievements.

Research shows that ADHD attributes include high energy, creativity, hyperfocus, agreeableness, empathy, and a willingness to help others.

When people are passionate about a goal, their ADHD energy drives performance and productivity.

Successful people with ADHD often succeed because the positive traits of their ADHD help them flourish.

Learn more at ADHDAwarenessMonth.org

Information adapted from Duane Gordon