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January 2020



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The Trick to Accomplishing New Year's Goals

by Jeff Copper, MBA, PCC, PCAC, CPCC, ACG

If you are one of those who struggle to keep New Year's resolutions, don't feel bad. Many of us have this problem, especially those with ADHD. While setting goals is the easy part... and really planning is not so difficult... the hard part comes when we fail to execute the tasks necessary to achieve those goals.



If you're truly serious about what you want to accomplish in the coming year, there's one thing essential to set yourself up for success. It's really more about understanding the process. So, please check out my blog post, "[The Trick to Accomplishing New Year's Goals](#)," for insights that will help make it easier to manage the challenge.

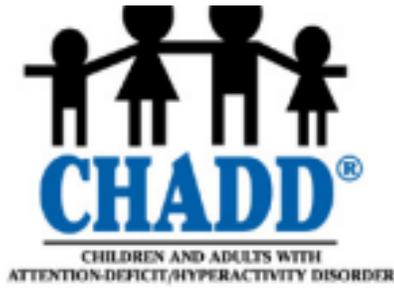
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Wishing you a Successful and Happy New Year!

Jeff Copper
ADHD and Attention Coach

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Latest Podcasts



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ADHD: Using Religion as a Tool to Manage Emotions

Those with ADHD struggle with self-regulation. Attention is something that needs to be regulated, but also emotions. For the most part, we think of religion as a spiritual, intimate, relationship with God. In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) interviews guest EV on the topic of spirituality and ADHD. They discuss the key components of emotional self-regulation and how religion can often be a tool to help down-regulate emotions and manage ADHD. If you struggle with emotions and this topic speaks to you, listen to this show. You'll be surprised at how your spirituality can positively impact the challenges of ADHD. <https://tobtr.com/11603787>



ADHD and Learning: The Role of a Teacher and Potential Problems

A teacher's job is to make learning easier, but, often, it doesn't work for those with ADHD. Many of them struggle to ask teachers for help and, at times, don't even know what questions to ask. In their frustration those with ADHD end up doing it the hard way... trying to learn on their own. In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) has a frank discussion with EV around the challenges in learning. They discuss insights from what Jeff has learned from coaching others in learning environments and share examples of some of the struggles, as well as the mindsets that helped them move forward. If you find learning in a classroom setting is hard, you'll find this interview helpful. <http://tobtr.com/11589285>



You Can't Treat ADHD Through a Lens of Blame or Shame

Beware of sweeping statements that take you away from facing ADHD



head on. You could end up fighting the wrong fight. It can be a direct route to finding yourself filled with shame and frustration. In this episode, ADHD coach Jeff Copper (www.digcoaching.com) and Laura MacNiven (www.springboardclinic.com) talk about the value of regulating emotions in addressing ADHD directly. They give tangible examples of what it looks like to face ADHD head on, and they share key insights and mindsets that will help you problem-solve. If you are frustrated, feeling down about yourself, or even victimized in your mental health journey, this is a show you won't want to miss. <http://tobtr.com/11575747>



ADHD: Understanding It, Getting It, and the Aha!

Those with attention deficit hyperactivity disorder struggle in everyday life. Many are on a quest seeking tips, tricks, solutions, and strategies so they can manage and deal with the condition. They seek out help from cognitive behavioral therapists, psychologists, and ADHD coaches. Many times, they go through the motions, talking the talk, but don't actually implement it. Other times, it clicks and finally it all comes together. In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) and Dr. Ari Tuckman (www.adultadhdbook.com) discuss the concept of things "clicking." They discuss the elusive nature of the "click" and share thoughts around what it's all about. If you have an open mind, listen to this show; it's guaranteed to make you think! <http://tobtr.com/11506209>



What if We Looked at ADHD as a Dopamine Addiction?

Many people are confused about ADHD. It's not so much a deficit of attention, but rather a self-regulation issue. It's easy to understand the confusion; after all, "deficit of attention" is in its name. In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) talks with Dr. Ari Tuckman (www.adultadhdbook.com) about the physics of electricity in the brain that makes up the biology manifesting in ADHD behavior. They also discuss the major role that the neurotransmitter dopamine plays in ADHD and then use the concept of a dopamine addiction to explain ADHD in a way that is amazingly simple. The model will put a spotlight on the "why" behind self-regulation and ADHD behavior. If you are intrigued by it, you'll find this show very insightful. <http://tobtr.com/11506185>



Comparing the Management of ADHD to Managing Addictions

ADHD is not so much a deficit of attention but more about self-regulation. At its core, addiction comes down to self-regulation. In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) and Dr. Ari Tuckman (www.adultadhdbook.com) have a conversation comparing the management of addiction to the management of ADHD. They illuminate the mindset of, say, managing an alcoholic and the daily struggles to stay on board in order to keep self-regulating. If you struggle with ADHD and wonder why and need a mindset to help you manage it, this show is one that you don't want to miss. <http://tobtr.com/11506153>



Latest Videos



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ADHD: Is Productivity the Reason You Procrastinate?

Many of us get stuck with a picture of how something's supposed to be, not realizing how things actually are. Sometimes what appears to be procrastination results in the realization that there's a legitimate reason for doing it a different way. In this video, ADHD coach Jeff Copper (www.digcoaching.com) shares an experience coaching an individual who thought he was procrastinating, not returning phone calls and had followed up with an email. In discussing the situation, the two began to realize a very legitimate reason that it was more productive to reply via email than to return the phone call. If you find you are beating yourself up frequently over procrastination, watch this video to gain insight and learn how to observe that what you're actually doing instead might be more productive.

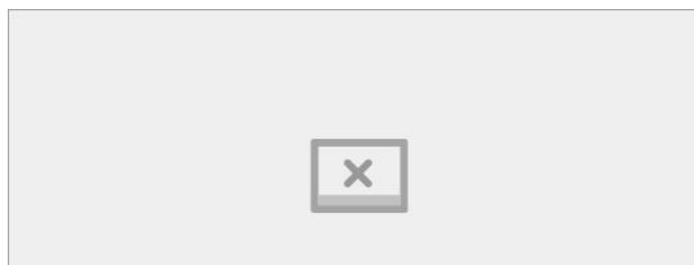
Click the image below to view the video.



ADHD: Experience and Understand Working Memory

ADHD coach Jeff Copper (www.digcoaching.com) often describes ADHD as a self-regulation issue with a working memory challenge. In this video he puts you in an attention exercise to experience the reality of working memory to witness the challenge, to understand why you worry about it and why it manifests as anxiety. The purpose of putting you in such an experience is to help you get the mindset to help problem-solve. If you find yourself anxious and stressed, watch this video to understand that sometimes the epicenter is your taxed working memory. Manage your working memory and you can manage your anxiety.

Click the image below to view the video.

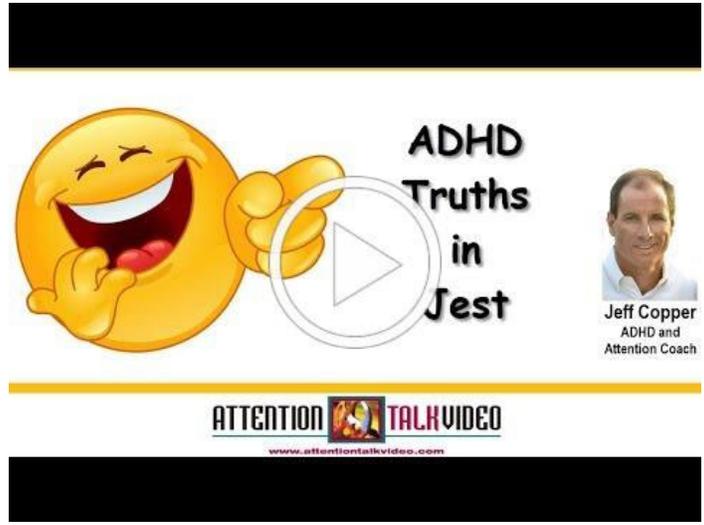




ADHD Humor – Sometimes You Have to Laugh

Attention deficit hyperactivity disorder is no laughing matter. Still, sometimes, we just need to take the edge off. In this video, Dr. Ari Tuckman (www.adultadhdbook.com), professional organizer Cris Sgrott (www.organizingmaniacs.com), and ADHD coach Jeff Copper (www.digcoaching.com) take time out for a little fun and some ADHD humor. If you need a smile or a chuckle, watch this video for some ADHD “I believe....”

Click the image below to view the video.



ADHD: Is Foraging for Information Pleasurable?

In days of old humans foraged for food out of necessity to survive, to nourish themselves. It was pleasurable. Nowadays, do humans forage for information? In this video, ADHD coach Jeff Copper (www.digcoaching.com) shares his observations and insight around how some with ADHD endlessly forage to the point of having a negative impact on their lives, ranging from staying up too late to ignoring the application of knowledge as they search for more. Some of them, he has witnessed, are professional students. The knowledge is great, but many are unemployed and remain so. If you are an information junkie, watch this video for insights.

Click the image below to view the video.



ADHD: Organization Is Often About Trial and Error

When we think of organization, we think of the outcome. We don't think of the process. In this video ADHD coach Jeff Copper (www.digcoaching.com) shares his insight around organization... how it is a two-step process and the first being one of trial and error. If you struggle with organization and will admit you don't understand it as a process, this is a must-see video.

Click the image below to view the video.



The Impact of Pain on ADHD and Energy

Energy! Those with ADHD often have endless amounts of energy, but when they don't, they beat themselves up and blame their ADHD. In this video ADHD coach Jeff Copper (www.digcoaching.com) shares his insight on coaching those with ADHD who have low levels of constant pain and no energy. His insights will help many understand the "why" behind certain types of procrastination and that it isn't their ADHD. If you procrastinate and have inflammation, arthritis, or other types of chronic pain, watch this video

Click the image below to view the video.



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Attention Talk Video... Your ADHD Information Station!

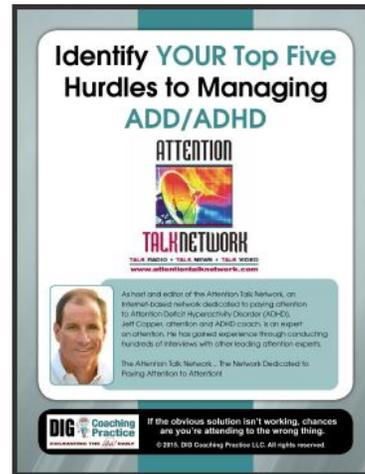
Other Stuff



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If you like what you are learning from this newsletter, pass it on to a friend.



Attention is as simple as it is complex to understand. The key is this: If your attention is focused on the wrong thing, you'll get the wrong solution! **Our aBook** (the "a" is for attention) gives you **five key insights on managing attention and ADD/ADHD** learned from conducting over 500 interviews with attention experts.

Get the aBook

If you have suggestions for something you want to see in the newsletter, email them to us at Attention@AttentionTalkRadio.com