

Scattered Minds

by Gabor Maté

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ⁰¹ **Take a comprehensive ADHD assessment**

Seek an evaluation that covers emotional dysregulation, trauma history, and childhood environment - not just a symptom checklist. A trauma-informed clinician will give you a far more complete picture.

MON TUE WED THU FRI SAT SUN

- ⁰² **Audit your environment for attention architecture**

Map the physical and social conditions under which your focus naturally deepens. Design more of your life around those conditions rather than fighting your wiring in environments built for neurotypical brains.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Use external structure as scaffolding**

Timers, accountability partners, body-doubling, visual schedules - these are not compensations for failure. They are the equivalent of eyeglasses: tools that correct a mismatch between brain and environment.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Address the emotional dysregulation directly**

Somatic therapy, EMDR, or trauma-focused CBT can process the emotional roots Maté identifies. Medication manages symptoms; this work addresses the soil they grew from.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Practice self-compassion daily**

The inner critic of the undiagnosed adult is relentless. Maté's prescription is radical: treat yourself with the same compassion you would extend to the child who adapted as best they could with what they had.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Find your hyperfocus leverage point**

Identify one domain where your attention enters effortless flow. Deliberately design your most important work to overlap with that domain. Hyperfocus is not a bug - it is the superpower hiding inside the diagnosis.