



Lynne Edris ([00:00](#)):

Hello and welcome to TADD Talks with ADDA. ADDA has invited me to share my thoughts about solving follow through, and I'm honored to be here with you. I'm Lynne Edris and I am a veteran productivity and a DHD coach and co-host of the A DHD Support Talk podcast. I help overwhelm professionals and entrepreneurs from around the world learn to take control of their days and accomplish what they intended more easily so that they have more time, energy, and more money for what they love most. As a woman with A DHD myself, I've been where so many of my clients are and I've come out the other side, so to speak. I've gone from living in a constant state of chaos and under performance to a life of more success and fulfillment than I once dreamed was possible for me. And I know you can do the same yourself.

Lynne Edris ([00:45](#)):

And no matter what your definition of success is, it requires consistent follow through. I wish I could see a show of hands to see how many of you have ever had that, that painful moment when you realize once again that you didn't follow through on something important. You knew what to do, you even knew how to do it, but somehow it just didn't happen. And that sting of that gap between what you intended to do and what you actually did, that cuts deep, right? It's like a, like a punch in the gut. Well, if that resonates with you, I want you to know that you're not alone. There's nothing wrong with you. You just haven't learned how to close that gap in a way that really works for you yet. And I want to help you understand why something that seems as simple as follow through is actually one of the hardest things for many of us, especially if you have a DHD like I do, and I'm going to give you some practical strategies you can use today.

Lynne Edris ([01:41](#)):

So over the past 18 years, working with thousands of people, the number one complaint I hear is that they're not living up to their potential. And boy, I know what that feels like. My clients tell me, Lynne, I want to do more. I just need to get more done. But when we start to dig a little deeper, what they really mean is, I want to show up like the person I know I am deep down, but have plenty of time and energy left for the things and the people that I care about. And that's what I want to help you with today. When it comes to follow through, most of us think of it as just one thing, a thing we need to learn or a thing we need to get better at. But it's really not that simple. The truth is there are two sides to follow through, and if you're trying to solve the wrong side, it doesn't matter how many productivity hacks you try, you're not going to get the results you want.

Lynne Edris ([02:33](#)):

The two sides of follow through are the external and the internal sides. So first, the externals. These are the systems, the tools, the strategies, and the structures we use to support our executive functions. This is the stuff I call your scaffolding to support our executive functions like our memory, organization, planning and time. This is where things like a well organized and managed calendar, a good system for managing the things you need to do, planning in ways that we can execute and having effective routines and structures come into play. Now, these are external solutions. They're super important, especially when ADHD is part of the equation because they support us and our executive functions. Having the right scaffolding in place can be a game changer, but those external solutions will only help you if the root of your problem with follow through really is executive function related.

Lynne Edris ([03:29](#)):

The other side, the side most of us overlook is the internal side. The internal side is all about our struggles will follow through that are rooted between our ears so to speak. Then our emotions and our thinking and our feelings and our perspective. And this is the side where things like procrastination, overwhelm, and avoidance live. You see if the root cause of your follow through struggles are internal. No shiny new planner is going to help you in the long run. So if you've read all the books and you've tried lots of different apps and planners and systems, and each time you're sure this is going to be the one like Cinderella and the glass slipper, I'm talking to you. If you've tried David Allen's Getting Things Done System, if you can recite Stephen Covey's seven Habits of Successful People verbatim, and you've got a shelf full of partially used planners, if you've spent hours on YouTube and Pinterest trying to set up the perfect bullet journal.

Lynne Edris ([04:26](#)):

When you eat that frog and you try all the different tips, tricks, hacks, and tools, but nothing really sticks for the long haul and you blame yourself and your lack of discipline for not being able to keep it going, and you end up let down again with a little less cash in your wallet and a lot less faith in yourself every time, that's because those are external solutions that can't solve an internal problem and they weren't designed to. So if you are like most of my clients and you keep throwing the productivity spaghetti at the wall, hoping something will stick without really addressing the true root of the problem, if that problem is avoidance and overwhelm and procrastination, no external solution will make a lasting impact. A planner is designed to help you plan how you're going to spend your time. A task management system is designed to help you manage all the things you want and need to do, but those tools and systems won't do anything to help you execute and follow through.

Lynne Edris ([05:21](#)):

Sure, when they're new and you're full of hope and motivation and inspiration, you might get a little extra boost from that shiny new strategy or tool or whatever, but they're going to do nothing to help you with avoidance, overwhelm, or procrastination in the long run because again, they weren't designed to. So how do we fix it? First, we need to get crystal clear on what the real underlying root problem is so that we can apply the right solution. So if you hang on with me until the end of this, I have a gift for you to help you do just that. But I want to share a quick four step process I use with my client to help break the cycle of poor follow through, and I call this the follow through fix. This is just a simple tip of the iceberg strategy. It's a place to start, but it can be powerful, and I hope it'll help you start to shift things in your life today.

Lynne Edris ([06:08](#)):

The steps are one, analyze, two, identify three, review, four, initiate. Step one, analyze. Do this objectively and without judgment. Try to detach and look at what happened with an eye for problem solving. Specifically, you want to look at what happened? Did you forget? Did you lose track of time? Did you lose track of to-do itself? That's step one, analyze. Step two is identify what tool will fix this. If it's really an executive function external challenge, there's always an external tool that will solve that challenge. Losing track of time, use a timer, an analog clock, or a meditation chime to help you keep track of the passage of time. Keep forgetting to do something. Find a tool that will help you remember a task management system, an alarm, a reminder of some sort, a note, schedule it in your calendar and see if that helps. You're just looking for the tool outside of your brain that will serve the same function as whatever it is that got in the way for you.

Lynne Edris ([07:10](#)):

Okay? That's step two. Identify step three, review objectively and without judgment, how did it go? Did that tool help? Why or why not? If you know that what's getting in your way is overwhelm, avoidance of procrastination, we lean to look beyond the external to the internal. And of course, that goes way beyond simple tips that I can do with you guys in this setting. It's what I do with my clients and in my group program called Get It Done. But when you analyze, identify, and review, you've already interrupted your own pattern and shifted your thinking from that emotional side of your brain where all that avoidance, overwhelm, and procrastination lives into the more analytical problem solving part of your brain. Then it's time for step four, initiate. To initiate. You simply pick just one action you can take right now to move that thing forward.

Lynne Edris ([08:01](#)):

What do you know you can do with certainty right now? And if you honestly know that you're not 100% certain to take that action right now, find a smaller step. And once you take a few of those little steps, those tiny actions, you start to build momentum like wiggling a key in a stuck door lock. With practice, you create new patterns of working that help you follow through more easily and consistently so that you have the fulfillment you only get when you show up like the amazing person you really are. Deep down. Again, I can only give you the tip of the iceberg here, but I really do think this can give you a good start to identify what's getting in your way so that you can start to make the changes you want and make them last. This time, you really can break free from the cycle of unmet potential and poor follow through by understanding what's really getting in your way, whether it's external or internal, and addressing it in

Lynne Edris ([08:54](#)):

A way that works for you. Now, to thank you for listening today, I'm giving you complimentary access to my online productivity breakthrough quiz to identify the root of what gets in the way of your productivity and follow through so that you can stop struggling, take control of your life, and show up like the incredible person you really are more easily and more consistently. You can visit www.productivitybreakthroughquiz.com, or you can text the keyword my quiz, that's M-Y-Q-U-I-Z, no spaces to the number 3, 3, 7, 7, 7 to get complimentary access. I'm so glad you could join me today when I hope you found it helpful. Again, I'm productivity and ADHD coach Lynne Edris. Feel free to visit my website @ www.coachingadvantages.com.