iFinish Framework™

Incorporation

The finalization of your goal: your ideas, effort, and intention are complete, tangible, and lasting results.

Integration

Move through your goal by connecting ideas, energy, and efforts with a larger systems (team, career, life).

Intention

This Is the goal, what you want to accomplish and where you want to direct energy.

Impact

A value based reminder for why your work matters, pulling you past inhibition back toward your intention.

Inhibition

Executive function barriers can block your momentum and stall you from making prorgess

Ignition

Even with interest and intention action often needs a start trigger to overcome inertia.

Interest

A filter fuels the ideas worth pursuing. If dopamine doesn't light up, the idea won't move.

Idea

ADHD brains overflow with possibilities - sparks of novelty and creativity that start everything.

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