

# How to Turn Your ADHD Kid Into a Go-Getter Against All Odds: ADHD Hacks From a Harvard Success



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*"ADHD is not a motivation issue. It's a translating motivation to action issue."*

## Magnetic Motivation Model

One of the ADHD traits is losing interest quickly. Most kids hyper-fixate on an idea, and then just drop it. But there's something you can do to get them to stay on track. It's called the **three-step magnetic motivation model**. Step one is to modify their environment. Who are the people they're spending time with? Are they taking on hard things? Are they executing with self-discipline on their goals?

Step one is all about changing their environment. Think about it like this: if your kid is surrounded by friends who are focused and driven—that's going to influence them, right?

Step two is about accountability. We tend to hide our bad habits. Like, "Yeah, I did my homework," when in reality, they didn't. But when they have someone to check in with—whether it's an accountability buddy or a friend—it brings everything into the open. They get honest about what they're actually doing, and that helps them to see patterns.

Step three? Use challenges. The ADHD brain struggles with things that feel endless. So, instead of thinking, "I'm going to do this forever," help them break it down. Maybe it's a two-week challenge to stay consistent, with a reward at the end. That's way more doable than thinking they've got to keep it up forever.

## 8% Productivity Habit Method

Most of us believe the social myth in the eight-hour workday. The reality is that the nine-to-five workday was created when the primary work was factory work, manual labour. The work today is knowledge work. For high-intensity knowledge work, we only get a few hours of great focus every day.

The average worker is only **productive for two hours and 46 minutes of the day**. Similarly, your kid's aim should be to get the bulk of their work done in a limited two-hour block (or 8% of their 24-hour day) rather than trying to stay focused all night. This method helps the child limit their focus and time their work with their most productive hours—whether that's late morning or right after waking up.