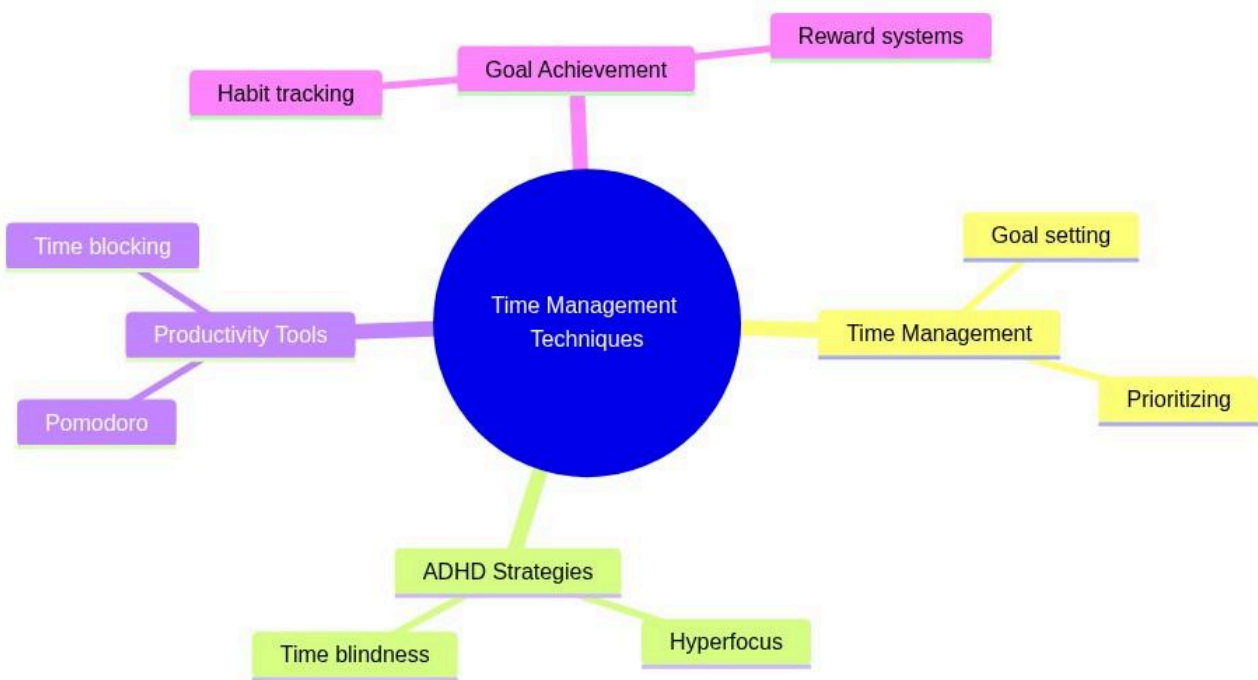


Strategies for Managing ADHD

Time Management Techniques



mindmap

```

root((Time Management Techniques))
  Time Management
    Goal setting
    Prioritizing
  ADHD Strategies
    Hyperfocus
    Time blindness
  Productivity Tools
    Pomodoro
    Time blocking
  Goal Achievement
    Habit tracking
    Reward systems
  
```