



Equation of Champions

- ◆ There is no secret formula or miracle solution for learning to live better with ADHD.
- ◆ This drawing depicts an equation illustrating some of the key elements allowing people with ADHD to achieve their full potential and to become champions in their own way.
- ◆ The ADHD equation implies extra effort and perseverance and highlights the need for people with ADHD to find and keep their focus, to jump into action and to discover their own sources of motivation in order to successfully manage the challenges associated with ADHD.
- ◆ This equation is unique to each person, as everyone brings their own variables to the game.
- ◆ We have chosen to share our vision through this drawing. You can of course design your own equation.



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Développé par Dr Annick Vincent avec la collaboration de l'équipe de la Clinique FOCUS ; révision : 24 avril 2014

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