**Motivation Sparks: The 4 C’s of Motivation**

**Motivation Sparks** is based on Dr. William Dodson’s concept of people with ADHD having an interest-based nervous system and using things like interest, creativity, challenge, or urgency to help move into action on a task.

**Motivation Sparks: Captivate, Create, Compete, Complete**

**Captivate:** make it interesting

**Create:** make it creative or novel

**Compete:** make it competitive or challenging

**Complete:** make it urgent

**Example---Task: Folding and putting away laundry**

* Captivate: listen music during a task or to favorite podcast to make folding laundry more interesting.
* Create: organize tasks into segments such as use bed to separate laundry into different piles (pants, shirts, & towels).
* Compete: make it a game-time yourself with goal of folding and putting away clothes in 10 minutes.
* Complete: can’t watch favorite tv show until all laundry is folded and put away.

**Motivation Spark Template**

To initiate work **[important task or project]**, I can apply the **[Captivate, Create, Compete, or Complete]** motivation spark(s), to use **[interest, creativity, challenge, or urgency]** to spark motivation and help me build up momentum.

**Example**

Daisy dreads **folding her clothes and putting them away**. To motivate herself, Daisy will use **Captivate (listen to music)** and **Complete (will watch favorite tv show after completed)** motivation sparks to use **interest and urgency** to spark motivation and help build momentum.

**Now your turn! Planning**

Important task/project: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Apply (select all you would like) : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* **Captivate:** *make it interesting* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Create:** *make it creative or novel* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Compete:** *make it competitive/challenging*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Complete:** *make it urgent*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Completing Motivation Spark**

To initiate work on **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [important task or project]**

I can apply the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **[Captivate, Create, Compete, and/or Complete]** motivation spark(s)

to use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**[interest, creativity, challenge, or urgency]** to spark motivation and help me build up momentum.

Anderson, J. J. (2023). Extra focus: The Quick Start Guide to Adult ADHD. Vada Press.

Mirabal, C. (2022, January 2). Tips from ADHDers that will boost your productivity. Productive Growth. <https://productivegrowth.substack.com/p/tips-from-adhders-that-will-boost#:~:text=People%20with%20ADHD%20have%20an,%2C%20Create%2C%20Compete%2C%20Complete>