



The Alchemist's Gift

A Reflection Guide for ADHD Minds

✧ You've Returned to the Workshop

You've wandered through shifting time, tangled threads, inner fires, and the art of turning chaos into gold.

And now, you're back at the beginning — but you're not the same.

This isn't a worksheet.

It's not a task list.

It's a mirror.

And within it? The five shimmering seeds the Alchemist placed in your palm.

Each one holds a truth you're invited to grow at your own pace, in your own rhythm.

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There's no deadline here.
Just a quiet invitation to reflect.

SEED ONE: Compassion

"You are not lazy. You are layered."

Reflect:

- When do I speak to myself with judgment instead of understanding?
- What would it sound like to speak to myself the way I would a beloved friend?

Try:

- Swap out "Why am I like this?" for "What does this part of me need right now?"
 - Practice saying, "I didn't fail—I was doing my best with the tools I had."
-

SEED TWO: Flexibility

"You don't have to run on someone else's rhythm."

Reflect:

- Where in my life have I been forcing myself into routines that don't fit?
- When do I feel most energized or creative—and how could I build around that?

Try:

- Create a flexible daily structure instead of a rigid schedule
 - Make space for nonlinear progress — spirals, pauses, and rest included
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SEED THREE: Rhythm

"There's a beat to your life that only you can hear."

Reflect:

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- What are my natural energy patterns (morning clarity? midnight ideas?)
- Where might I honor those rhythms instead of fighting them?

Try:

- Track your energy highs and lows for a week without judgment
 - Build “flow zones” into your week—spaces for bursts, recovery, and stillness
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 **SEED FOUR: Support**

“You don’t have to do it alone. In fact, you were never meant to.”

Reflect:

- Where have I internalized the belief that asking for help = weakness?
- What kind of support would actually feel good to receive?

Try:

- Explore tools like body doubling, coworking sessions, or check-in texts
 - Let others know what kind of support is *actually* helpful (quiet presence, reminders, laughter)
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 **SEED FIVE: Permission**

“You’re allowed to rest. To redirect. To let threads hang loose.”

Reflect:

- What would I give myself permission for if I truly trusted myself?
- Where do I feel guilt for being human?

Try:

- Say it out loud: “I give myself permission to _____.”
 - Let something remain unfinished without labeling it a failure
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Final Message from the Alchemist

You were never broken.

You were simply shaped by stories that didn't see your brilliance.

But now? You hold the threads.

You shape the pattern.

You choose what gets planted — and when.

There is no rush. No perfect tapestry.

Only you — in progress, in process, in power.

Come back to this guide whenever you need to remember who you are.

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