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“This is a book about possibility,” Nancy Ratey, one of the leading ADHD coaches in the United States, writes in the introduction to *The Disorganized Mind* (St. Martin’s Press, April 2008, 0-312-35533-5, \$24.95, 320 pages, hardcover) details her personal struggles

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with ADHD and is a rallying cry to other adults struggling with ADHD to leave behind the cycle of pain and discouragement and take control of their lives.

The Disorganized Mind: Coaching your ADHD brain to take ...

The Disorganized Mind primarily

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identifies as a Self-Coaching website for adults with ADHD, so we invite you to read and learn from what content we humbly provide. We are dedicated to providing self-help resources and tips for adults who struggle with Attention Deficit Hyperactivity Disorder (ADHD)

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Ratey, Ed.M, MCC, SCAC. Buy the book
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**Coaching Goals and Abilities
Worksheet: Disorganized Mind**

Coaching Goals and Abilities Worksheet .
This questionnaire contains three sets of
questions: profile, evaluation, and goals.
The questions will help you to evaluate
your lifestyle, identify areas needing

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Coaching Goals and Abilities Worksheet

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The Disorganized Mind addresses the common issues confronted by the ADHD adult: “Where did the time go?”. “I’ll do it later, I always work better under pressure anyway.”. “I’ll just check my e-mail one more time before the meeting...”.

“The Disorganized Mind: Coaching

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