

My Founder Profile

MY CHALLENGES

For each of the common ADHD struggles, read the description and reflect on whether this is something which impacts you. It might help to ask yourself the following questions and note down your thoughts:

- Does this resonate with me?
- How do I experience this in my own life?
- Is there a particular time or situation when this impacts me more than others?
- Are there any known triggers for this challenge in my life?
- Do I currently have any strategies to manage this challenge?

Executive Dysfunction

Struggles with planning, organising, prioritising, and following through on tasks, often leading to procrastination or feeling overwhelmed.



Your thoughts...

Time Blindness

Difficulty estimating how long tasks will take, leading to overcommitting, running late or spending too much time on the wrong things.



Your thoughts...

Sensory Overload

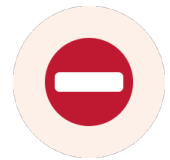
Becoming overwhelmed by an excess of sensory input, making it difficult to focus or process information. Sensory overload can be a frequent trigger for anxiety and stress.



Your thoughts...

Task Paralysis / Avoidance

Feeling mentally "stuck" and unable to start a task, even if it's important, because of overwhelm, perfectionism, unclear next steps, or boredom.



Your thoughts...

Noisy / Busy Brain

Internalised hyperactivity causing what feels like multiple thoughts, ideas, worries and memory replays all happening simultaneously. Often causes scattered attention and trouble with focus.



Your thoughts...

Hyper-Focus / Fixation

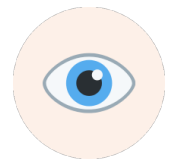
An intense ability to focus, but sometimes on unimportant tasks that aren't aligned with what needs to be done. Can lead to poor mental and physical wellbeing through forgetting to eat, drink, move, or go to the bathroom.



Your thoughts...

Object Permanence

Out of sight, out of mind! Many people with ADHD forget about objects, tasks, or even people when they're not in their immediate environment.



Your thoughts...

Impulsivity / Inconsistency

Acting on ideas or emotions impulsively without fully thinking through the consequences, leading to inconsistent habits and workflows.



Your thoughts...

Overwhelm / Burnout

A tendency to say “yes” to, or take on, far more than we are able to handle. It can often occur due to seeking new projects and tasks through boredom, without realising the compound effect.



Your thoughts...

Low Self-Esteem

Many with ADHD have experienced being told or made to feel like they are inadequate because they operate different, often leading to chronically low self-esteem and poor self-belief.



Your thoughts...

Rejection Sensitivity

Intense emotional reactions including fear, anxiety and anger, to perceived rejection, criticism, or failure, even when it's unintentional.



Your thoughts...

Emotional Dysregulation

Intense, fast-changing emotions that can feel overwhelming and difficult to control.



Your thoughts...

Other Challenges

Are there any other ADHD-related challenges you believe could be impacting your productivity and success as a founder?

Your thoughts...

My Top 3 Challenges

Note down which 3 challenges are having the most impact on you as a founder currently.

- 1.
- 2.
- 3.

Remember, not everyone with ADHD experiences the same challenges. Each of us is completely unique. The extent to which our unique set of challenges impacts us can also fluctuate based on circumstances, seasons, hormonal cycles, stress levels, sleep quality, diet, activity levels... you name it, it can have an effect on how our challenges manifest, and how well-equipped we are to manage them.

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