

The ADDCA LEAP Model© *The Discovery process of my own ADHD begins with:*



<u>Learning & Launch</u>	<u>Exploration</u>	<u>Action</u>	<u>Passion</u>
			
<p>Learning about my own ADHD & Launching it into the world.</p>	<p>Discovering where my unique strengths work & integrating them into my daily schedule.</p>	<p>Identifying and acting on what will get “me” to my real “who.”</p>	<p>Integrating the clues, identified in my action, that move my Heart and Head in Harmony.</p>

