

## Adult ADHD Tips: Double Your Money Today

By: Tellman Knudson

One thing I hear people with Adult ADHD saying is, "I need to make more income."

Well, it's fine to say that, but what is "more"? You've got to be a lot more specific than that. Being specific is imperative, especially if you have Adult ADHD symptoms. Let's start with taking a look at your situation:

Where are you today in your finances?  
How much goes out on a monthly basis?  
How much comes in on a monthly basis?

Here's what you can do immediately:

Take whatever you're earning today, per year, per month, per week, per hour, per day, whatever it is--and double it. Figure out what that comes down to per hour. Then, tell yourself, "Okay, I need to go out and get a job that pays this new figure per hour."

Just think: there are people, at this moment, with or without ADHD symptoms, around the globe that are making that much and more per hour. It's your job to USE your ADHD symptoms to go figure out how to get a job that pays that much. Be inventive! Some people say, "Well I don't have skills in professions that pay that much." It's not true. You just need to think in larger terms. What CAN you do?

Your job, your task, as a problem-solving, ADHD Adult with a brilliant mind, is to say, "Okay, how can I solve this problem? I'm going to double my income this year by doing one thing, and I'm not going to work any more hours." You can actually put your ADHD symptoms of hypercreativity to work on this.

The first thing is to start thinking of yourself as worth twice as much. For example: If you're a contractor, such as a construction builder, and you're used to getting paid \$25 an hour working with your hands, it's time to get a job that pays you \$50 an hour.

If you think you can't ask for more, listen to this story: Just recently, a friend of mine with Adult ADHD told me he had started a new business cleaning cars. He was (As many people with Adult ADHD do) complaining that he still wasn't making as much as he needed to.

I asked him how much he was charging for his service.

"Twenty dollars an hour," he said. (People with ADHD symptoms chronically underrate their worth).  
"Ok," I said, "Why aren't you charging twice that much? You're worth it--you do an excellent job. You should get paid for it."  
He replied that he didn't think people would pay twice that.  
"OK," I said, "But why don't you humor me and just try it once."

Later that day, he called to say he'd quoted his next client at 40 dollars an hour, and the client said ok immediately!

There you go: This young guy with Adult ADHD doubled his income, that simply. Could you? Don't sell yourself short, or underestimate your worth, as many people with Adult ADHD tend to do. It certainly doesn't pay!

Another thing people with Adult ADHD can do to double their income is: look at your hobbies, and your other areas of interest to find a job that will pay you twice as much. If that means for six months or a year, getting yourself a desk job and staying in shape and working out at a gym instead of working with your hands on a jobsite, that's exactly what you need to do.

Use your ADHD symptoms of creativity and love of change, have fun with it, and pick something that you are going to be able to stick with for a little while. The major point is to start thinking of yourself as worth twice as much, and go out and figure out how you can get a job that will pay you twice as much as what you're used to getting paid.

Many people with Adult ADHD may like the security of having a job, and so that is where they will look to double their income...but many people with Adult ADHD symptoms don't do well with any job because they tend to get bored, and want to be self-directed.

If you're someone with Adult ADHD who wants to work for themselves, then great! Many, many of us with Adult ADHD symptoms make very successful entrepreneurs, because of our creativity and drive.

However, watch out! If you're thinking about being an entrepreneur, you MUST learn to focus, and focus on demand--something that can be hard for those with Adult ADHD symptoms...However, you can find out exactly how I trained my brain to focus on demand so I could succeed at running my own business--and how you can too. See below to find out more about how to focus with Adult ADHD!

### About The Author:

Tellman Knudson can help you learn to focus, beat distraction and accomplish your goals. Go to <http://www.ADHDSecrets.com> to pick up your free newsletter of ADHD practical tips and techniques, and make your life better today!

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