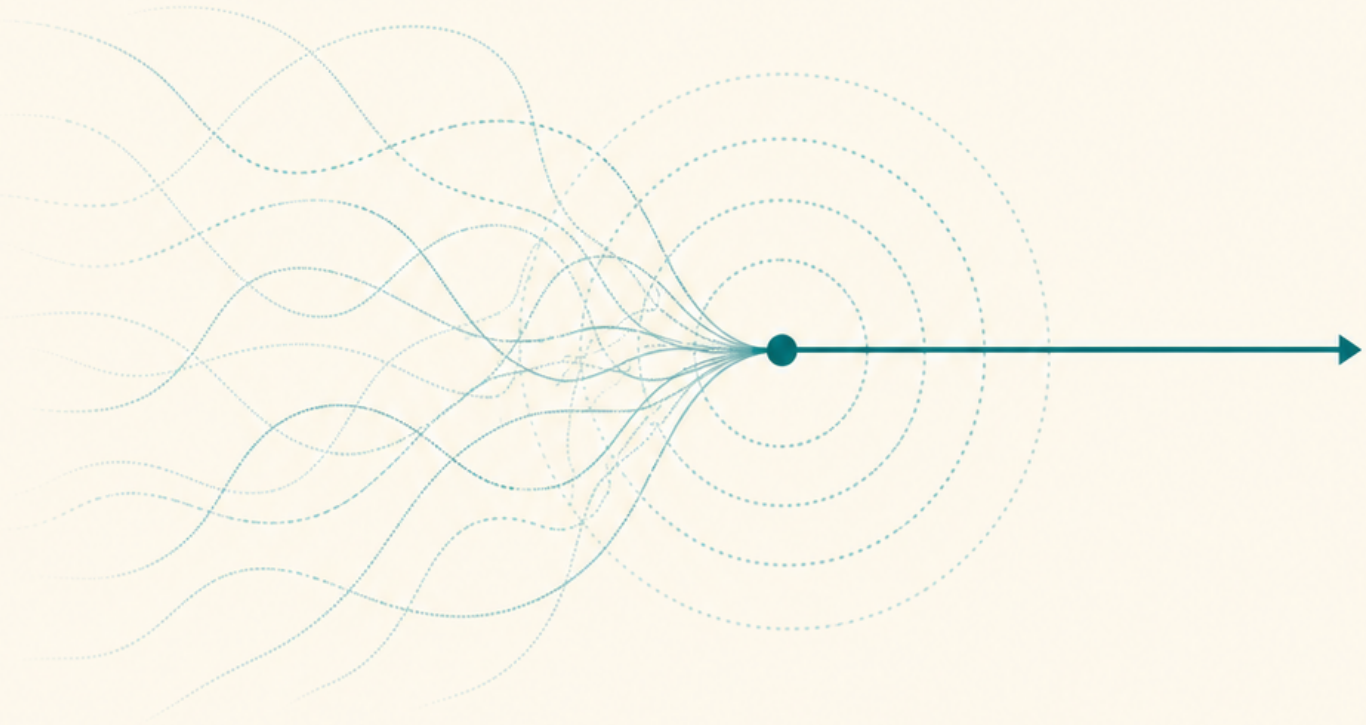
The 3 Keys to Decision-Making

for High-Achieving Adults with ADHD

Stop spinning. Start choosing. Get moving on what actually matters.



Author of The Five Emotions That Stop Success

Rahti Gorfien, PCC, ACCG

WELCOME

You do not need fewer ideas. You need a clearer next choice.

Hey there,

You are a passionate, multi-faceted person with lots of ideas. That is a strength. It can also make choosing one direction feel impossible.

You may want to start a nonprofit, teach something you love, change careers, or build a business of your own. When every option matters, the mind keeps circling - and action stalls.

That does not mean you are unfocused or incapable. An ADHD brain is often exceptionally good at generating possibilities. The challenge is creating a decision process that protects those possibilities and helps you move.

Inside, you will use three practical keys:

1. Name the three things you want most.
2. Identify what matters most right now.
3. Choose one focus and keep the others visible.

The promise of this guide

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Start choosing.
Get moving on what actually matters.



KEY 1

Name the three things you want most.

Clarity starts by reducing the field. Choose one meaningful desire in each area - not every possibility, just the three that deserve consideration now.

Example: Larry's three

Personal - Travel to Europe

Professional - Create a new revenue stream

Spiritual / Global - Complete his Save the Wombat wiki

The rule: choose one - and only one - in each category.

Do not worry about making the perfect selection. You are creating a useful shortlist, not signing a lifetime contract.

YOUR THREE

Personal _____

Professional _____

Spiritual / Global _____

If another idea appears, capture it elsewhere. You are not losing it; you are protecting your focus.

KEYS 2 + 3

Let the present set the priority.

2 Ask: what matters most right now?

A strong decision connects desire to present reality. One client wanted to sell her world-class chili and write a one-woman show. Her immediate priority, however, was paying the rent.

Use these prompts to find the pressure point:

- Can I pay my bills?
- Do I like my current work?
- Do I have a sense of purpose?
- Am I lonely or disconnected?
- What or whom am I jealous of - and what does that reveal?

What matters most right now is _____

3 Choose one focus. Keep the others visible.

Emily's health was undermining everything else. She still cared about opening a bookstore and joining the Peace Corps, but for six months she centered a healing regimen of physical therapy, mindfulness, and nutrition. She kept the other goals alive through light research and part-time bookstore work.

Your decision

The one focus I am choosing now is:

_____

FROM CHOICE TO MOTION

Turn the decision into a next step.

A choice frees energy. A small action gives that energy somewhere to go.

YOUR 72-HOUR MOVE

What is the smallest meaningful action you can take in the next three days?

I will _____

By _____

When another idea demands attention, add it to a parking list and return to the choice you made.

Want support turning clarity into follow-through?

In a Clarity Session, we can identify what you want, uncover what is getting in the way, and shape a practical plan for moving forward.

BOOK YOUR SESSION

ABOUT THE AUTHOR

Meet Rahti Gorfien, PCC, ACCG



Rahti Gorfien is a professionally certified life coach who helps high-achieving adults with ADHD make clear decisions, follow through on what matters, and create success on their own terms.

Her clients are thoughtful, capable people with full lives, ambitious goals, and more ideas than available time. Rahti helps them move beyond overthinking and competing priorities so they can choose with confidence, take purposeful action, and build momentum without losing sight of who they are.

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