



# Setting Goals with C.U.P.I.D.

*A Helpful Reminder for Parents and Young Girls with ADHD*

## Introduction

Raising a young girl with ADHD comes with unique challenges, including maintaining focus and managing a whirlwind of creative ideas. This handout introduces the C.U.P.I.D. concept, an easy and effective way to help your daughter harness her strengths and enjoy setting and achieving her goals.

## What is C.U.P.I.D.?

**C.U.P.I.D stands for Challenge, Urgency, Passion, Interest and Different.** These elements capitalize on the unique ways that those with ADHD are motivated, addressing their need for stimulation and engagement to complete tasks. They are motivators that are more stimulating for those with ADHD than external rewards or consequences.

Activities with these five characteristics excite individuals with ADHD. so, the more elements of CUPID you combine into a task or activity, the more likely your ADHD daughter will want to do the task and will stay committed, turning her resistance and procrastination into opportunities for growth and enjoyment. When giving her a task, consider how to include as many CUPID elements in the task as possible.

## Detailed Steps Using C.U.P.I.D.

### 1. Challenge: Find the Sweet Spot

- **For Parents:**
  - Set tasks that are not too easy yet not too difficult. They should require a reasonable effort, pushing her capabilities without leading to frustration.
  - Celebrate all successes, big and small, to build her confidence and sense of achievement.

### 2 Urgency: Create Timed Challenges

- **For Parents:**
  - Use short, fun, timed challenges to add excitement to tasks (e.g., "Let's see if you can organize your desk in 10 minutes!").
  - Reward her immediate efforts with simple prizes like stickers or extra playtime to reinforce positive behavior.

### 3 Passion: Link Goals to Dreams

- **For Parents:**

- Discuss how the task she is working on today is meaningful for something she cares about, how it reflects her priorities and values. Describe how the intended activity aligns with her passions. For instance, if she wants animals to be loved, how feeding the family dog every day shows her love for animals.
- Help her visualize her future by linking daily tasks to long-term aspirations.

### 4 Interest: Discover What You Love

- **For Parents:**

- Help your daughter identify activities that capture her attention, whether it's art, science, or sports, the things that light her up and she looks forward to doing.
- Encourage her to set small, achievable goals within these interests to sustain motivation and enjoyment.

### 5 Different: Keep It Fresh

- **For Parents:**

- Introduce new activities that expand or change things, to keep her engaged, curious and learning. Repetition can become boring, so mix things up. Consider apps or games that make goal-setting fun. If feeding the dog every day becomes a routine chore, stop it for awhile and give her a different family chore.
- Regularly switch up the tasks to prevent boredom and stimulate her mind.

## Conclusion

Keeping C.U.P.I.D in mind when asking your daughter to do any task will increase the likelihood of success. CUPID—Challenge, Urgency, Passion, Interest and Different—are the ways to make tasks fun, engaging, and tailored to your daughter's ADHD. Keep CUPID in mind as you discover what works best, maintaining flexibility and patience. Watch your daughter blossom as she more easily completes tasks and achieves goals.

## Interactive Element



### Visit Our Website for More Resources:

- Infographic: Download a vibrant infographic on the I.N.C.U.P. method, perfect for printing and displaying in your home.

✉ findtheadhdgirls@gmail.com  
 🌐 www.FINDtheADHDgirls

Follow, share, like and comment

📘 @FINDtheADHDgirls  
 📺 FINDtheADHDgirls  
 📺 @FINDtheADHDgirls.org



© 2025 FINDtheADHDgirls. All rights reserved.

This material is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. You may copy and share this article in its entirety for non-commercial purposes, provided it remains unaltered and includes proper attribution to the author and FINDtheADHDgirls.org. Adding your own contact information in the space provided is permitted and does not violate this license.