Ideal Minds

TAKE A SMALL STEP FORWARD

Less overwhelm. More forward.

Practical tools for neurodivergent minds.
Find one thing that makes today a little easier.

MEET ANCHOR

A job search that fits you.

Track jobs, tailor your resume, and practice interviews. Paid subscription.

Five tools for everyday momentum

Step Quest	Break a task into manageable steps.
One Thing Today	Clear your head. Choose one priority.
Quest Board	Plan a flexible week around your energy.
Focus Reset	Try a focus sprint, then take a break.
Victory Jar	Keep a visible record of your wins.

Two free guides to keep

Use AI as a thinking partner, with five prompts to try.
Compare useful AI tools, assistants, and agents.

SCAN TO FIND YOUR NEXT STEP

The whole collection. One place to start.

tools.idealmindscoaching.com

Open your camera and point it at the code.