

VISUAL CUES

For us ADHDers we struggle with the concept of out of sight out of mind. Visual Cues are excellent reminders. It can be something like jotting down the task on a sticky note or notepad "Getting the milk" before going to grab it and keep the note within your sight to help you stay on track

TACTICAL ARRANGEMENTS

Create smarter not harder systems to make it easier for us to not get side tracked by arranging frequently used items in a way that makes them easily accessible and repositioning the usual distractions to be less accessible "Leverage the out of sight out of mind ;)"

LEVERAGE TIMERS

It works really well !!

Set a timer to go off before your task "Going to grab the milk", I promise you if you do get side tracked it will prompt you back on track