

The time blindness *rescue*

For when "5 more minutes" turns into an hour and you're late again. Tick what you'll try this week.

MAKE TIME VISIBLE

- ☐ **A clock in every room** you get ready in, including the bathroom
- ☐ **A visual timer** for anything you tend to sink time into
- ☐ **Say the time out loud** when you check it. It sticks better

PLAN BACKWARDS

- ☐ **Times 1.5.** Time a task once, then add half for next time
- ☐ **Count back from leaving.** Leave 8:30 → shoes 8:20 → coffee 8:05
- ☐ **Alarm for the switch,** not the event: "start getting ready", not "meeting"

GET STARTED

- ☐ **15-minute sprints.** Timer on, one task, stop when it rings
- ☐ **Body double.** Work next to someone, in person or on video
- ☐ **First step only.** "Open the laptop" not "do the report"

END OF DAY (2 MINUTES)

- ☐ What's due tomorrow?
- ☐ What's the very first step?
- ☐ Where will you start? Leave it out where you'll see it

Want this done for you? The **ADHD Execution Planner** carries unfinished tasks forward and runs focus timers. [See it on Etsy](#) → Stuck before you start? [Try Unstick](#) →