4.2

WORKSHEET · CHAPTER 4

Room and day design

Three kinds of space, even small ones. A corner counts. So does one chair.

Quiet	**Busy**	**In-between**
Low light, soft, asks nothing	*Where my ADHD side gets fed*	*Somewhere for the middle*

THIS WEEK: LOUDEST THINGS WHERE THE GLASS IS EMPTIEST, WITH A GAP AFTER EACH

DAY OR TIME	THE LOUD THING	THE GAP AFTER IT

INPUT FOR MY ADHD SIDE, ON PURPOSE

Music while I cook, a walk, a busy café now and then

On a bad day: go to the quiet space, even if it's only for five minutes.