9.2

WORKSHEET · CHAPTER 9

Visible everything

Open and ordered. If your ADHD side can't see it, you don't own it. If it's a jumble, your autistic side pays.

ROOM	EVERYDAY, OUT IN THE OPEN	RARELY USED, BOXED	BASKET
			☐
			☐
			☐
			☐

One task, one note, in sight _____

On a bad day: one basket. Everything out of place goes in it.