

Have the Right Things at the Right Times

This is often related to general chaos because it can contribute to a general lack of awareness of where things are if they get lost in the shuffle. So you may need to do some overall cleaning and organizing to make it easier to keep track of things.

- Place things where you can't help but see them as you leave one place to go to another where you will need it. Since many ADHD folks can't count on themselves to remember reliably, it's best to do this immediately when they think of it.
- Put up a whiteboard on your path out of the house so you can write reminders to yourself—then make a habit of checking it. Each note will grab your attention better if you limit the number of items you put up there and erase off the old ones. Use different colors to keep everything from blending together and disappearing.
- Have duplicates of important but easily lost items, like keys, glasses, and pens.
- Build in some time to get ready and leave, rather than rushing out the door, which makes it too easy to leave things behind in a flurry of activity.