

# Remember to Remember

A lot of success in adulthood depends on our ability to remember to do the right things at the right times. This is also where a lot of ADHD people run into trouble. For example, remembering while you're at work that you need to buy milk on the way home doesn't really help all that much. Nor does remembering it when you're pulling up to the house. The time that it really counts is when you're approaching the turn off to the supermarket. It's all about the timing. Therefore, if you have trouble reliably remembering the right thing at the right time, the trick is to keep it on the top of your mind or to create external reminders at a moment that it is on your mind.

- Place objects where they will serve as their own cues—for example, put DVDs to be returned to the rental store right in front of the door so you can't help but see them. The corollary to “out of sight, out of mind” is “in sight, in mind”.
- When setting a reminder alarm, respond to it immediately to prevent quickly forgetting it again. A variation of, “Speak now or forever hold your peace” is “Do it now or forget it forever.” At a minimum, if you can't do the task immediately, then snooze or reset the alarm to go off again so you don't forget.
- Post a family calendar in a visible place and meet occasionally to discuss it, especially if you have kids with lots of activities.
- Use post-its, white boards, and pads of paper as reminders. Sprinkle them liberally throughout the home and workplace.
- Leave yourself a voicemail or email to better remember at the place where you need to remember it, such as calling your home voicemail from work and leaving yourself a message to pay bills tonight.
- Reduce the amount of external distracters in your environment so that the relevant reminders stand out more. This may involve reducing the amount of overall clutter.
- Develop routines of doing the same things in the same order on the same schedule to prevent skipping steps.