20 Daily ADHD Tools Checklist

Pick one tool, aimed at your most expensive daily problem. Live with it two weeks before adding another.

- [ ] Beige visual timer (soft color, not a jarring bright one)
- [ ] An analog clock in every room, bathroom included
- [ ] Alarms with spoken-word labels (“leave now,” “start winding down”)
- [ ] A small tray by the front door (wallet, sunglasses, lip balm, library book)
- [ ] A row of hooks at eye level for keys
- [ ] Pack your bag the night before, every time
- [ ] One running note on your phone, not many
- [ ] A small notebook + pen in every bag
- [ ] Voice memos for stray thoughts (car, red lights)
- [ ] Clear storage bins so items stay visible
- [ ] Autopay on every bill
- [ ] Open shelves for daily-use items
- [ ] Soft silicone earplugs
- [ ] A weighted blanket
- [ ] A large water bottle with a straw
- [ ] A visible snack basket
- [ ] A weekly pill case with days printed on it
- [ ] A sunrise lamp that fades on slowly
- [ ] A plain spinner ring (quiet fidget)
- [ ] One comfort playlist on loop

You’re not behind. You’re just differently wired.