UNDERSTAND · RESPONSIVE SCAFFOLDING

Support that flexes with you.

Not a fixed system you're supposed to outgrow — one that adjusts as your days do.

Most advice about executive function support assumes you're the same every day: find the right planner, set the right routine, and you're done. But your capacity shifts day to day — so the support that helps should shift with it.



TRY THIS TODAY

- Move a reminder somewhere louder on hard days, and let it fade back once the task is routine.
- Schedule body doubling for the mornings you already know will be hardest to start.

The goal isn't one perfect structure. It's keeping pace with today.