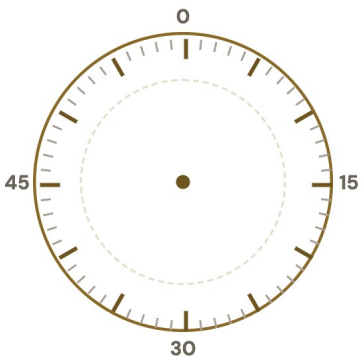
Making time *visible.*

Many ADHD and neurodivergent brains feel time as just "now" and "not now." That isn't a flaw. It helps to get time out of your head and onto paper, where you can see it.

Guess vs. reality

Pick everyday tasks. Guess first, then time yourself.

TASK	MY GUESS	ACTUAL TIME	DIFFERENCE
Example: shower	*10 min*	*24 min*	*+14*



Map my hour

Think of a typical hour. Shade a wedge for each thing that fills it, and label it: scrolling, getting ready, the actual task, looking for keys…

Each small tick is one minute. Each big tick is five.

Tools that make time visible

Check the ones you use, circle one to try.

- ☐ A visual timer (you can see time shrinking)
- ☐ An analog clock where I can see it
- ☐ Alarms with labels ("start getting ready")
- ☐ Time-blocking my day on paper
- ☐ A "leave by" time, not an "arrive by" time
- ☐ A 15-minute buffer built in

My "leave by" plan

One upcoming event, worked backwards: _____

ARRIVE BY	− TRAVEL	− GET READY	− BUFFER	= LEAVE BY

What usually makes me late or lose time?

REFLECT *What surprised me, and which tool will I try this week?*