

10 TOP TIPS

Organised with ADHD

Making your home ADHD-friendly
to transform the way you live

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10 TOP TIPS



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TOP TIP 1

Observe

Observe what you do, but **don't** judge. Take time to understand how you work best.

TOP TIP 2

Simplify

Less stuff means less to do. Own less and take on fewer projects for a simpler life.

TOP TIP 3

Beware

- **Perfectionism** – it stops you getting started
- **Distractions** – keep your eye on the big picture
- **'Silver Bullets'** – there's no one quick fix for ADHD

TOP TIP 4

Brain dump

If you feel overwhelmed write down your thoughts using paper, post-its or use a phone app – then review your priorities.

TOP TIP 5

Get started

- Break a task down, what comes first?
- Get accountable by calling a friend
- Pick a treat to reward yourself
- Set a timer for 15 mins

TOP TIP 6

File it

Start with big categories (E.g. Finance / Work / Home), then subdivide to make it easier to find things. Avoid over-categorising.

TOP TIP 7

A place for everything

Create 'zones' for different activities – store things where you can use them most easily.

TOP TIP 8

Put it back

E.g. Keys – don't put them down until they are back in the right place – that will help you lose fewer things!

TOP TIP 9

What works?

When you complete a task you can often learn from it. How did you actually manage it?

TOP TIP 10

Ask for help

If you aren't getting stuff done, don't be embarrassed to get support or advice – or call a professional.

Remember:
Done is better
than perfect!

