FREE COMPANION SHEETS

Neurodivergent Everyday Life

The printable sheets for the book. Each sheet has the same number as the box in the book that mentions it. Print only the ones you want, as often as you like, for your own use. You don't have to fill everything in.

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DAILY WORKSHEET TO PRINT

DAILY ENERGY CHECK-IN

Date:

A quick tool to help you notice where you are.
Take a moment each day to check in with yourself. This is about recognising patterns so you can respond with compassion rather than waiting until you're overwhelmed.

Over time you'll begin to notice what increases your energy and what drains it. There isn't a "right" colour to be. Your energy will naturally move between green, amber and red - and that's completely normal.

Green

Which tasks today made me feel at green level:

Amber

Which tasks today made me feel at amber level:

Red

Which tasks today made me feel at red level:

DISCOVER WHAT GIVES YOU ENERGY - AND WHAT DRAINS IT

MY PERSONAL ENERGY MAP

Everyone's nervous system is different. Expanding on the tasks listed on the previous page. Use this page to identify your personal patterns and create a guide that reflects your needs rather than someone else's.

MY EARLY WARNING SIGNS...

What do I notice first when my energy starts to dip?

MY RECOVERY NEEDS...

What genuinely helps me recover when I'm in the red zone?

WHAT I DO WHEN I NEED TO ADAPT...

What do you do when you move into amber level?

OTHER SUPPORT STRATEGIES

Who or what helps me feel more balanced and supported?

Reflection task

Before reading the next chapter, spend one minute thinking about a task you've been avoiding.

Don't do it. Just notice it.

Complete these sentences:

The task I'm avoiding is...

The first thing I tell myself is...

The smallest physical movement might be...

There are no right answers.

You're not creating a plan.

You're simply learning to recognise where the beginning becomes difficult.

Your first Blitz

Don't choose the biggest thing you've been avoiding.

Choose something almost disappointingly small.

STEP 1

My visible target

STEP 2

The first physical action

STEP 3

Set a 3-minute timer.



STEP 4

When the timer finishes, write one sentence. What changed?

Reflection

Look around the room you're in now.

Don't choose the messiest area.

Choose the place that would make life 5% easier if it changed.

Write it below.

Today's visible target

My first physical action

What counts as enough today?

> *A Blitz changes the relationship with a task long before it changes the room.*

My derail signals

Spotting the early signs gives you more than ten minutes to work with. Fill in as much or as little as you like.

Days that tend to derail for me look like...

The early signs I can notice are...

What usually helps is...

Something that tends to make it worse is...

My Body Check

Write down the easiest way for you to meet each need on a hard day. Easy, not ideal.

Need	My easiest option
Water	
Toilet	
Food	
Temperature	
Light and air	
Noise	
Movement	

My Reset Menu

Write a few options for each colour while you're feeling clearer. Keep them small.

Green	Amber	Red

My Reset Card

Copy this onto a card or into a note on your phone.

My Reset

1. **Stop the story**
2. **Meet my body**
3. **Make one thing true**
4. **Choose what's next**

My next hour

Use this at Step 4. You're planning one hour, not the rest of the day.

Keep	Shrink	Let go

My first physical action is...

I'll do it at...

When I'm done, I'll choose one kind thing for myself...

My repair messages

Draft these while you're steady. Keep each one to a line or two.

People I may need to message after a derailed day...

My one-line message to them...

The next step I can offer...

Someone I can ask for help...

My Reset log

Not a score. A way to notice what helps. A few words each time is plenty.

Date	What derailed	What I did	What helped

The Interruption List

Before changing your home, identify your biggest interrupters.

Circle the ones that regularly disappear.

- ◯ Keys
- ◯ Phone
- ◯ Wallet
- ◯ Glasses
- ◯ Earbuds
- ◯ Medication
- ◯ Charger
- ◯ Water bottle
- ◯ Laptop charger
- ◯ ID card
- ◯ Notebook
- ◯ Other: _____

Notice these are mostly high-frequency objects.
They're not sentimental.
They're not seasonal.
They're the things your brain reaches for every single day.

Those become your priority.
Not the loft.
Not the junk drawer.



Reflection

Choose three objects that interrupt your life most often.

Object	How often do I search for it?
	Daily / Weekly
	Daily / Weekly
	Daily / Weekly

These three objects will become the foundation of Everything Has A Place™.

You don’t organise a home by tidying everything.
You organise it by stopping the same problems
from happening repeatedly.



Create Your Essential Homes

Choose the five objects that interrupt your life most often.

Object	Its permanent home

Don’t overthink this.

Choose the place that makes tomorrow easier.

Reflection

Complete these sentences.

The object I lose most often is:

Its new permanent home is:

The search I would love to eliminate is:

> *Organisation isn't about remembering where things are. It's about creating places so predictable that remembering becomes almost unnecessary.*

My Broad Homes™

List the broad homes in your life and what lives in each.

Broad home	What lives there?

My Launch Pad™

It doesn't need to be beautiful.

It needs to be reliable.

Where is my Launch Pad?

What needs to live here before I leave the house?

What is missing, or would make it more reliable?

Your Daily Essentials

Choose the objects that genuinely affect your day.

Object	Broad home

Don’t try to complete your whole house.

Start with the objects that repeatedly interrupt your life.

Reflection

Complete these prompts.

The room that creates the most cognitive admin is:

One broad home I could create this week:

The object I'm most excited to stop searching for:

> *A well-designed home isn't the tidiest one. It's the one that asks your brain the fewest unnecessary questions.*

My Evening Reset

Use this page to design your own five-minute routine.

My Essential Five

One thing I'll prepare for tomorrow

Where will I do my reset?

My Reset Tracker

Tick the evenings you reset.

Missed one? **Nothing has failed.** Pick up with the next object you can return home.

Week 1

Mon	Tue	Wed	Thu	Fri	Sat	Sun
○	○	○	○	○	○	○

Week 2

Mon	Tue	Wed	Thu	Fri	Sat	Sun
○	○	○	○	○	○	○

What got easier?

My Resets

Write your own version for each kind of day.

Green day	Amber day	Red day

That is enough.

The method adapts to your energy—not the other way around.

A SIMPLE VISUAL WAY TO UNDERSTAND YOUR ENERGY AND MAKE INFORMED CHOICES, SO YOU CAN FEEL MORE IN CONTROL AND REDUCE OVERWHELM

THE TRAFFIC LIGHT METHOD™



Green - I have capacity

Amber - I need to adapt

Red - I need recovery

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The 3-Minute Blitz™ on one page

The one question

What can I do for three minutes?

1 One visible target

Something you can point to. If you can't, it's too large.

2 One physical action

Open, pick up, move, wipe, type, place, select.

3 One timer

Three minutes. It protects the beginning and gives the task an edge.

4 Stop when it ends

Stopping isn't failure. Continuing is allowed, never required.

5 Not for everything

Driving, medication decisions, contracts, emergencies, dangerous DIY, caring for others.

6 Make it smaller

A seated Blitz, a one-minute Blitz or simply preparing the next step all count.

Keep this page where you will see it.

The 10-Minute Reset™ on one page

The one question

What do the next ten minutes need?

1 Stop the story

Swap the verdict for one neutral sentence about what happened.

2 Meet your body

Water, toilet, food, temperature, light, noise, movement.

3 Make one thing true

One small visible change. Proof that the day can still move.

4 Choose what's next

Check your colour. Keep, shrink or let go. Plan only the next hour.

5 Rest is allowed

If your body needs rest, rest is a good answer. Choose it on purpose.

6 Ask for help

A repair message, a friend or your GP. Asking is not a failed Reset.

Keep this page where you will see it.

Everything Has A Place™ on one page

The one question

Where does this live?

1 Start small

Only the objects that repeatedly interrupt your life.

2 One permanent home

Every high-frequency object gets one. Not three.

3 Think broad

Rooms, not drawers.

4 The Launch Pad™

If you need it before leaving, it lives near the door.

5 Aim for 80%

Perfection creates shame. Consistency creates ease.

6 The Evening Reset™

Return your Essential Five. Prepare one thing. Stop.

7 Match your energy

Green, Amber or Red: the method adapts to you.

8 Missed a day?

Nothing has failed. What's the next object you can return home?

Keep this page where you will see it.