

Neurodivergent To-do lists

**A bundle of
to-do lists
that work with
your brain.**



KC DAVIS struggle
care

now break it down into steps

to-do
laundry

- start washer
- dry clothes
- put clothes away
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to-do
get meds

- call dr for refill
- pick up meds
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to-do
groceries

- make grocery list
- throw away old food
- order groceries
- put groceries away
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to-do

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to-do

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to-do

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to-do

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There's nothing more frustrating than doing a ton of work on a task and not being able to cross it off the list because it isn't quite complete. With the step-by-step to-do list you can really track progress and break tasks down in manageable bites. This list lets you write the "to-do" item at the top and list out the steps necessary to complete that task underneath to be checked off as they are completed. Great for adults who feel overwhelmed or kiddos who are learning to complete tasks.

now break it down into steps

to-do

to-do

to-do

to-do

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Today's Mental Load

DINNER

spaghetti

MY NEEDS

doc appt
find therapist

FAMILY NEEDS

go through clothes
that the girls have
outgrown

TO-DO TODAY

- schedule doc appt for me
- pay electric bill
- schedule play date

TO-DO SOON

- find therapist
- change air filter

Thoughts

Do I want a new tattoo?

WEEKLY CARE

- laundry

MONTHLY CARE

- donate old clothes
- air filter

HOUSE NEEDS

replace weather stripping
clean out fridge

work needs

change payroll companies

The outer lists are for brain dumping all the mental load items you carry in your head. Tasks that needs to be done now, or later, or just things you need to think about. once you have dumped these items you can begin to pick out which ones should be transferred to the "to do now," and "to do later" lists. Some may stay in the peripheral until another day. Note: if you find your "my needs" list empty, challenge yourself to think about what you need!

Today's Mental Load

DINNER

MY NEEDS

FAMILY NEEDS

TO-DO TODAY

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TO-DO SOON

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Thoughts

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WEEKLY CARE

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MONTHLY CARE

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HOUSE NEEDS

to-consider list

CARE TASKS ARE NOT MORAL

energy level

- big energy feeling good low-key survival mode

to-consider














































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plan for rest:





reasons to celebrate today:

- I listened to my body
- I cared for someone
- I laughed or saw something beautiful
- I was flexible and aware enough to make adjustments based on my evolving needs
- I accomplished something
- I survived
-

To-do

Check email			
Mail letter			
Clean garage			
Fill out preschool application			
Sign contract			
			
			
			
			
			
			
			
			
			
			

Use this to-do list to brain dump all the things you need to do, then get back and use the icons to help you organize the list. The icons can represent anything you want but I like to use them to distinguish between simple one-step tasks (paper airplane), time sensitive tasks (clock), and more complicated tasks that are going to require me to sit down and think (the brain). Once I have circled the right icons, I start by knocking off all the simple tasks. This usually takes a bunch off the list and makes it less overwhelming! Then I address the time sensitive tasks by earliest deadline and schedule a time to tackle the complex ones. Use the blank space on the side to brain dump or make notes

To-do

Tasks I could do

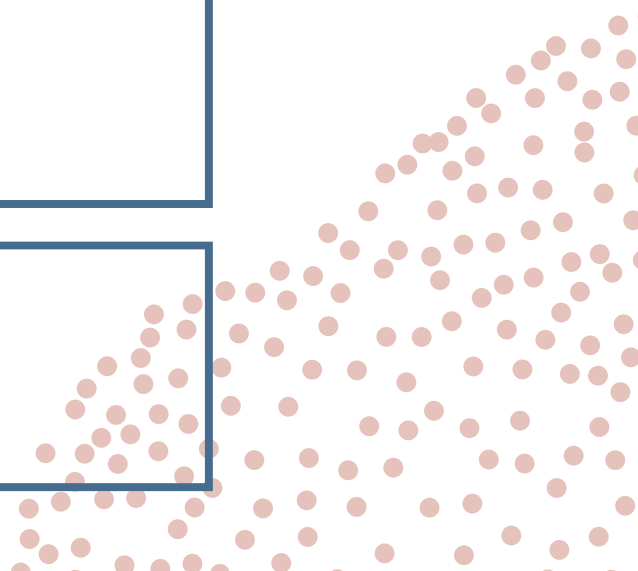
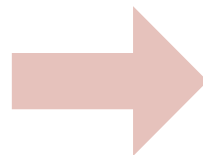
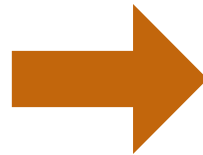
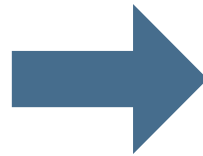
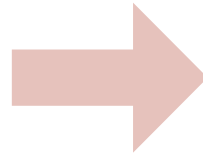
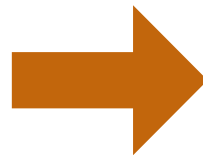
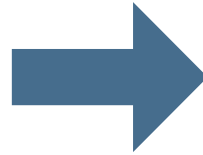
Kindnesses for Future-Me

.....	☆	☆	☆
.....	☆	☆	☆
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.....	☆	☆	☆
.....	☆	☆	☆

Celebration!

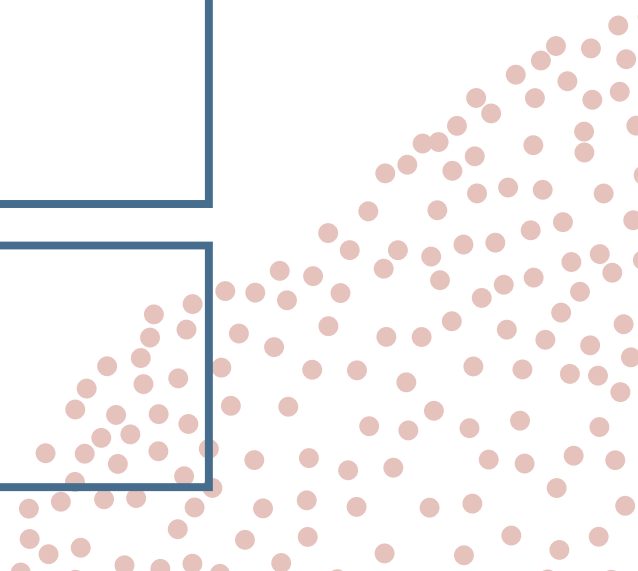
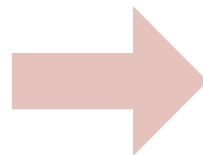
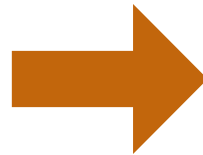
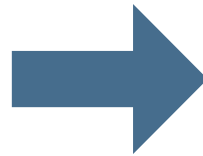
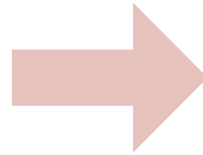
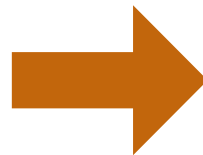
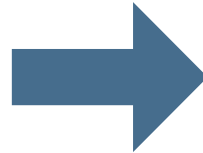
Opening Duties

Done!



Closing Duties

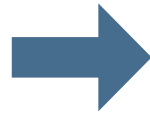
Done!



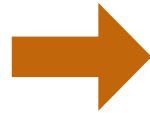
Weekly Tasks

Done!

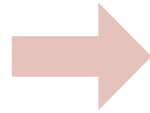
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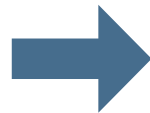
Tuesday



Wednesday



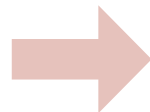
Thursday



Friday



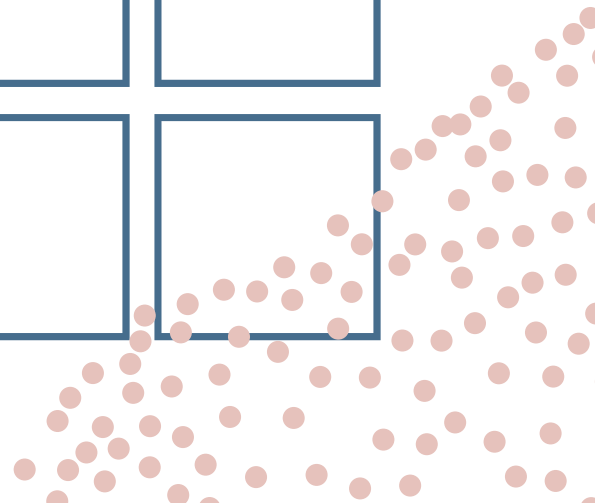
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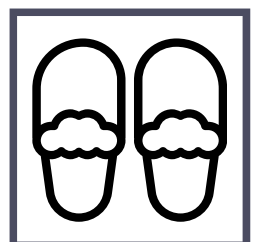
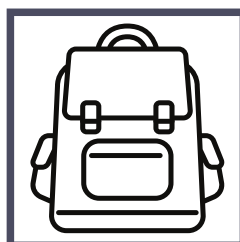
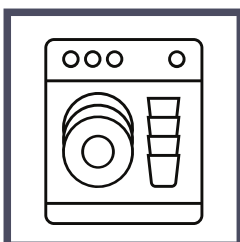
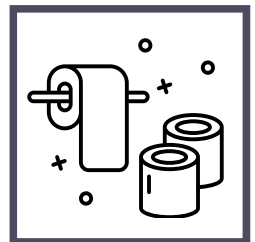
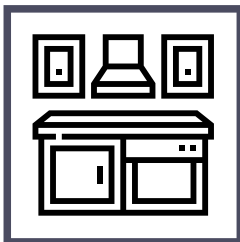
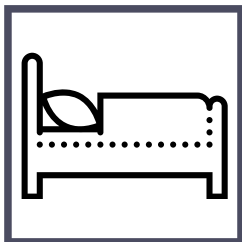
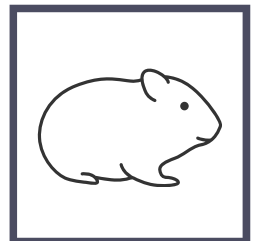
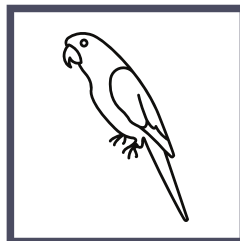
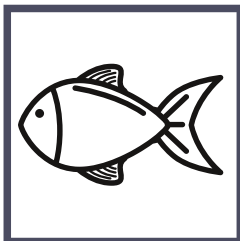
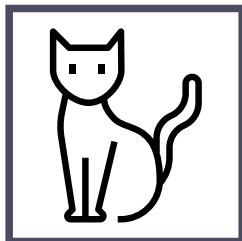
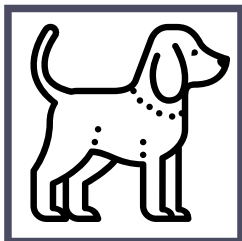
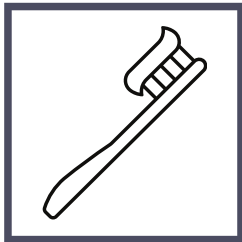
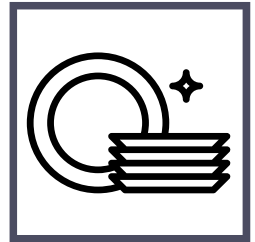
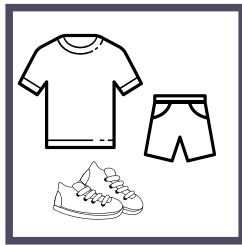
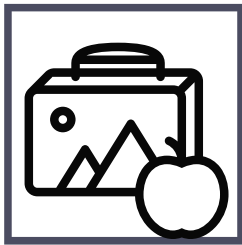
Care Tasks

to-do

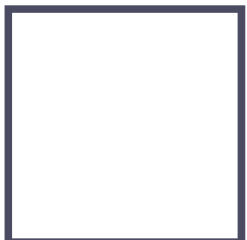
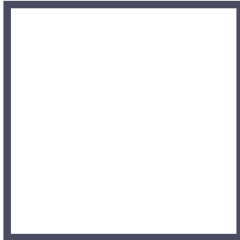
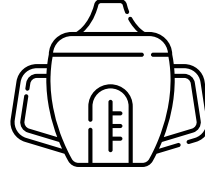
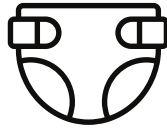
Done!



Icons



Icons



CLOSING DUTIES

Kindnesses for Morning-Me

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.....	☆	☆	☆	☆	☆	☆	☆

Celebration!

OPENING DUTIES

Kindnesses for Future-Me

	S	M	T	W	T	F	S
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.....	☆	☆	☆	☆	☆	☆	☆
.....	☆	☆	☆	☆	☆	☆	☆
.....	☆	☆	☆	☆	☆	☆	☆

Celebration!

today i am surviving

There may be days when you are struggling to stay alive and functional. For those days, the I am surviving plan can help you get through. For best results, ask a friend or counselor to help you make your plan before depression hits.

supplies

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Hygiene kit | <input type="checkbox"/> Granola bars |
| <input type="checkbox"/> Trash bags | <input type="checkbox"/> |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> |

opening duties (pick two)

- | | |
|--|---|
| <input type="checkbox"/> Brush teeth | <input type="checkbox"/> Go outside 5 mins |
| <input type="checkbox"/> Clear path | <input type="checkbox"/> Text 1 person |
| <input type="checkbox"/> Fill water bottle | <input type="checkbox"/> Put work clothes in wash |

closing duties (pick two)

- | | |
|---|--|
| <input type="checkbox"/> Throw away 5 pieces of trash | <input type="checkbox"/> Change clothes |
| <input type="checkbox"/> Wash 2 dishes | <input type="checkbox"/> Tidy 5 mins |
| <input type="checkbox"/> Brush hair | <input type="checkbox"/> Put work clothes in dryer |

crisis line: 1-800-273-8255 (USA)

Your job today is to stay alive

today i am surviving

YOU DON'T HAVE TO CARE ABOUT YOURSELF
TO CARE FOR YOURSELF

supplies

<input type="radio"/>		<input type="radio"/>	
<input type="radio"/>		<input type="radio"/>	
<input type="radio"/>		<input type="radio"/>	

opening duties (pick two)

<input type="radio"/>		<input type="radio"/>	
<input type="radio"/>		<input type="radio"/>	
<input type="radio"/>		<input type="radio"/>	

closing duties (pick two)

<input type="radio"/>		<input type="radio"/>	
<input type="radio"/>		<input type="radio"/>	
<input type="radio"/>		<input type="radio"/>	

crisis line:

Your job today is to stay alive