

If you're neurodivergent (in particular, ADHD) then you may find that you have a distorted perception of how long it takes to do common tasks. Completing this log helps you spot patterns in how you might over- or underestimate the time needed for different activities. It can help to calibrate your internal clock a little better and show where you need to consciously plan time. Focus on those tasks for which you most often get it wrong. Include as many activities as you can, from small tasks like brushing your teeth, to longer things like commuting or packing for a trip. For each task, write down how long you think it will take. Time how long it really takes then note whether you over- or underestimated the time. What patterns emerge?

[illegible]

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