

ADHD and Neurodivergent-Friendly Organizing Supports



Brain Dump Consultation: A 30-minute session to talk through what feels stuck and identify simple systems that will help.



Mindful Practices: Start your day with clear intentions and a few priorities to stay focused and reduce overwhelm.



Body Doubling & Sorting: Work alongside me while we sort and organize together to maintain focus and reduce decision fatigue.



Out of Sight, Out of Mind Audit: Switch to clear, labeled, or open storage so items stay visible and easy to find.



Frictionless Zone Setup: Create simple “launch pads” and drop zones that match your natural habits.



Now & Later System: An easy way to manage paperwork and mail before it becomes overwhelming.



Digital Organizing: Simplify your digital life by organizing your desktop, computer, and cell phone so information is easy to find and manage.



Maintenance Refresh: Periodic check-ins to reset spaces and adjust systems as life changes.