# Work Spot Planner

*Pick a spot. Set your senses. Take one tiny step.*

## 1 My spot today

- [ ] Bed with lap tray
- [ ] Armchair and cushions
- [ ] Floor and cushions
- [ ] Kitchen bench, standing
- [ ] Library reading room
- [ ] Other: _____

## 2 My senses

- [ ] Warm lamp
- [ ] Window light
- [ ] Familiar film, quietly
- [ ] Brown noise or music
- [ ] Blanket on my lap
- [ ] Other: _____

## 3 My first step

- [ ] Open one file
- [ ] Write one heading
- [ ] Read one page
- [ ] Work 20 minutes
- [ ] Work beside someone
- [ ] Step: _____

**Check first:** Drink and snack? | Phone away? | Kit basket ready? | Break planned?