WEIRD ADHD HABITS: THE TAB HOARDER

Park It List

Write the tab down. Then close it. The idea is saved, and your screen is clear.



The tab: what it was	Why I opened it	When I'll look	Closed
		Today This week One day	☐
		Today This week One day	☐
		Today This week One day	☐
		Today This week One day	☐
		Today This week One day	☐
		Today This week One day	☐
		Today This week One day	☐
		Today This week One day	☐
		Today This week One day	☐
		Today This week One day	☐
		Today This week One day	☐
		Today This week One day	☐

My tab rule

When I have more than _____ tabs open, I park them.

I check this list on _____

Let it go it's fine to never read some

If it's still here in a month and I haven't missed it, I can cross it off.

From earlychildhoodedu.net by Dr Dewi Griffith. For personal use. General information, not medical advice.