WEIRD ADHD HABITS: THE LOST THINGS EXPERT

# Where It Lives



**Give every small thing one home you can see. When you put it there, say it out loud.**

### Earbuds

Lives _____

Spare spot _____

### Keys

Lives _____

Spare spot _____

### Phone

Lives _____

Spare spot _____

### Wallet or cards

Lives _____

Spare spot _____

### Glasses or sunnies

Lives _____

Spare spot _____

### Chargers

Lives _____

Spare spot _____

_____

Lives _____

Spare spot _____

_____

Lives _____

Spare spot _____

### Lost something? Look here first

- [ ] Pockets of what I wore today
- [ ] My bag, every pocket
- [ ] The car
- [ ] The couch and under cushions
- [ ] Beside the sink or the bed

### My own look first spots

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

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