

ADHD Family Command Center Worksheet

Get one family logistics problem visible, choose a home for it, and leave a cue for the next reset.

What's the family logistics problem right now?

Choose the closest real situation. You are building one visible support, not a perfect family management system.

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| ☐ Mornings become chaos because we are searching and reminding at the last minute. | ☐ School papers, forms, or messages keep disappearing. |
| ☐ I am carrying all the invisible planning in my head. | ☐ We forget appointments, school dates, or family commitments. |
| ☐ No one knows where important family things belong. | |
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Write only enough to begin

My two-minute action is:

The first round is done when:

If I stop, the next visible move is:
