

# Time Blindness Awareness Tracker

You're not lazy. You're wired differently.

## Spot the signs

Tick the ones that sound like you:

- ☐ I often underestimate how long things take
- ☐ I forget what I was doing when I walk into a room
- ☐ I try to cram in "just one more thing" and end up late
- ☐ I lose hours doing something without noticing
- ☐ I panic at the last minute because I forgot how close the deadline was
- ☐ I set alarms and still ignore them or snooze them 5 times
- ☐ I don't notice time passing until I'm overwhelmed



## What are your patterns?

Complete the sentences below to notice your own rhythms.

I usually lose track of time when:

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I tend to notice time only when:

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My most "time-blind" moments happen:

☐ In the morning ☐ At night ☐ On weekends ☐ During transitions ☐ Other: \_\_\_\_\_

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# Gentle nudges that help (Sometimes...)

Rewriting  
NORMAL

## Use time anchors

Instead of watching the clock, use real-life events (like “after lunch” or “when the sun sets”) to cue your next step.

## Visual timers or countdowns

Seeing time pass can work better than hearing it. Try apps with coloured countdown bars or hourglasses.

## Narrate your time

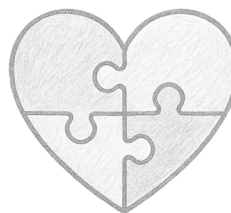
Try saying out loud: “It’s 3:30. I have 30 minutes to work before I switch to dinner prep.” It helps your brain *hear* what it’s meant to focus on.

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✨ *Time blindness isn’t a character flaw.*

It’s a brain difference.

You deserve tools that work for your wiring.



## ***Want more help staying on track?***

Try the full **NEW** Time Blindness Planner Pack

Built for ADHD brains like ours → [rewritingnormal.co.nz](https://rewritingnormal.co.nz)

