

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:

I tend to notice time only when:

My most “time-blind” moments happen:

In the morning At night On weekends During transitions Other: _____

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.

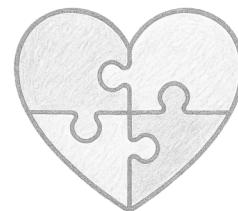
🧠 Narrate your time

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.

🌟 *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

