

Taking It at the Same Time

Tie something you take daily to a fixed point in your day so it stops getting missed.

WHEN TO USE THIS

Use this if you keep forgetting whether you took it, or take it at random times.

What are you meant to take, and when? Write it out plainly.

Think back over the last week. How many days did it get missed, and when?

Guess if you are not sure. A rough count is fine.

What already happens at that time every day? Name the thing you could tie it to.

Kettle on, brushing teeth, feeding the dog.

Where will it live so you see it at that moment? How will you know it is done?

Forgetting is about the setup, not about how much you care.