

Where to Put Your Deck

The single most important thing you'll do with it.

Most ADHD tools fail for one reason: we forget we own them. Not because we don't care. Because our brains are wired for what's in front of us right now — not what's tucked in a drawer for "later."

So before you pull your first card, let's solve that. Where you put this deck matters more than how you use it. Here's how an ADHD therapist would set it up.

THE 3 VISIBLE SURFACES RULE

Pick two of these three places. Not all three (overkill). Not one (too easy to miss).

1. Where you work

Your desk. Your laptop spot. The kitchen table where life happens.

→ Reach for when you're stuck mid-task.

2. Where you reset

Your nightstand. The kitchen counter. The chair you collapse into.

→ Reach for when you're emotionally fried.

3. Where you transition

The entryway. Your bag. The dashboard cup-holder.

→ Reach for when you're moving between modes.

Why two surfaces, not one? Because ADHD brains live in different rooms during different moods. If your deck is at your desk but you're spiraling on the couch — you won't get up to find it. Two visible locations mean the deck is always closer than your resistance.

THE CARDINAL RULE: VISIBLE OR IT DOESN'T EXIST

If the deck is in a drawer, it's gone.

If it's in a "special box," it's gone.

If it's on a shelf above eye-line, it's gone.

This isn't because you're disorganized. It's because your brain is built for environmental cues, not memory recall. Use that. **Out in the open is the rule.**

A small stand, a tray, or just the deck box left open — anything that keeps the cards visible counts.



The Habit Anchor Method

Pair the deck with something you already do — so you never have to "remember" to use it. Habits don't stick because you're disciplined. They stick because they're glued to something you already do automatically. This is the principle therapists use with clients, and it works especially well for ADHD brains — because we don't have to summon willpower; we just borrow it from a habit that already exists.

Here's how to anchor your deck.

HOW IT WORKS

Find a habit you already do every day without thinking. Then pair pulling a card with the end of that habit. That's it.

The pattern is always the same: 'After I [existing habit], I pull one card.'

EXAMPLES TO PICK FROM

- ✓ After I pour my morning coffee, I pull one card.
- ✓ After I sit down at my desk, I pull one card.
- ✓ After I finish a meeting, I pull one card.
- ✓ After I close my laptop for the day, I pull one card.
- ✓ After I brush my teeth at night, I pull one card.
- ✓ After I get into bed, I pull one card.

Pick **one anchor** to start. Not three. Not a perfect daily routine. Just one moment where the deck shows up automatically.

THE 80% RULE

You will skip days. That's not failure — that's ADHD.

The anchor still works if you only use it 4 out of 7 days. It still works if you forget for two weeks and then come back. There is no streak to break. **Every time you pull a card is a win.** Every time you don't is just... a day.

The deck waits. You return. It still works.

WHEN TO ADD A SECOND ANCHOR

After your first anchor feels automatic (usually 2-3 weeks), you can add a second one — ideally tied to a different mood or time of day.

Morning anchor — for starting the day

Evening anchor — for closing the day

Stuck-moment anchor — for the in-betweens

But don't rush it. One anchor used consistently beats three anchors that fizzle in a week.

The deck is a tool, not a test. There's no right way to use it — only your way.
Start with one card, in one place, after one habit. That's enough.