

The Banana Brain ADHD Toolkit

28 VISIBILITY HACKS

FOR THE ADHD BRAIN
THAT FORGETS BANANAS
EXIST

28

TOOLS
BUILT FOR
CHAOS
NOT
CALENDARS



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BOUNDARIES, GENTLE REMINDERS & COPYRIGHT THINGS

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ABOUT THIS BOOK: BOUNDARIES, CARE & CONTACT

Medical Disclaimer

A Quick Note on Tools vs. Treatment

This book is a collection of creative, practical tools designed to support ADHD brains in everyday life.

They are not a substitute for professional medical advice, diagnosis, or treatment.

If you're struggling with focus, memory, emotional regulation, or burnout, especially if it's interfering with work, relationships, or daily tasks, please reach out to a qualified professional.

These strategies are meant to complement, not replace, your care plan. Use what helps. Adapt what fits. And ask for help when you need it.

When to Ask for Help

If you're:

- Struggling to function in daily life
- Feeling overwhelmed, no matter how many hacks you try
- Experiencing anxiety, depression, burnout, or isolation
- Having trouble with relationships, work, or self-care because of symptoms

→ Please reach out to a licensed therapist, ADHD coach, or medical professional.

Books don't always hold everything, but people can.

You don't have to do this alone.

A QUICK NOTE BEFORE YOU HACK YOUR LIFE

These hacks are built for ADHD brains, the beautifully chaotic kind that forgets bananas, keys, and sometimes how doors work.

These hacks are scaffolding, not permanent structures. They're here to support your brain when things feel hard, not replace your instincts or inner tools.

Use them freely, but check in often:
“Is this helping me feel more capable?”
If not, tweak or toss it.

Let the toolkit bend to you, not the other way around.

WAIT, WHERE DID THAT GO? A NOTE FROM A BRAIN THAT FORGETS EVERYTHING



Bananas. Water bills. Birthday texts.

Your laptop charger while still on a Zoom call.

If you've ever found something moldy, overdue, or wildly important after it mattered, you're not failing. Your brain just has different storage instructions.

ADHD often means your memory system works like a browser with 57 open tabs, 3 playing music, and no idea where the sound is coming from.

You don't need more discipline.

You need tricks that work with your wiring, not against it.

THE VISIBILITY RULE: IF IT MUST BE REMEMBERED, IT MUST BE SEEN



When it's out of sight, it doesn't just fall off the list, it falls out of existence.

Some folks call this “object permanence” (not a clinical term, but a helpful one for many ADHD brains).

It's not laziness, it's wiring. Let's build a visibility system made of weird, clever, and unexpected reminders that actually work.

**KITCHEN
VISIBILITY TRICKS
THAT SOUND
RIDICULOUS
*BUT MIGHT SAVE
YOUR SANITY***



SAFETY GUIDANCE FOR HOUSEHOLD HACKS

In any sections involving kitchen appliances, physical clutter, or sensory overload

- Always make sure heat sources (like stoves, kettles, or toasters) are turned off before leaving the area.
- If any visual reminder could become a trip hazard (like shoes or bags), adapt it to a safer version.
- Keep hacks realistic, if a system is making life harder, skip it.
Your safety comes first.

⚠ Please adapt these to your home.

Use only what feels safe and sustainable for you.

HACK # 1

THE SPOON PILE PROTOCOL



Your ADHD brain notices weird.

Put something totally out of place where you'll notice it.

Leave a “breadcrumb trail” of spoons to track unfinished kitchen chaos.

Drop a spoon in an odd place as a placeholder for your brain.

Examples:

- Spoon on the cutting board = “Still need to finish that sandwich.”
- Spoon on top of the coffee jar = “You added grounds but forgot water.”
- Spoon in your empty mug = “You made tea... but didn’t drink it.”

You see it → your brain says, “Wait, WHY is that here?!” → You remember.

The **weirder** the placement, the better the trigger.

This is not clutter.

This is chaotic genius memory engineering.

WHY IT WORKS

- Your brain sees the spoon in the wrong spot and goes: “Wait, what’s that doing there?”
- You create a visual code only you understand.
- Weird = interruptive = remembered

You're using your brain's own pattern-interrupt reflex as a manual memory system.

HACK # 2

KITCHEN COMMAND CENTER



Your ADHD brain forgets things that aren't blocking the microwave.

So make your reminders live where your food does.

Turn your kitchen into a passive-aggressive productivity zone by using your **microwave or fridge** as a visual to-do board.

You already stare at them daily. Let them stare back.

How to do it:

Option 1: Microwave Marker Method

- Use a dry-erase marker (or sticky note)
- Write ONE important task on the door:
 - “Reply to Jen”
 - “Print the form”
 - “Drink water or perish”
- Don't erase it until the task is actually done.

Let your soup guilt-trip you into being functional.

Option 2: Fridge Magnet Tracker

- Write 3–5 daily tasks on magnets or sticky-backed labels
 - “Take meds”
 - “Start laundry”
 - “Feed self”
 - Move magnets from left to right as you complete each one.
- Watch your brain get a dopamine hit from shifting a square.

WHY IT WORKS

- Kitchen = high-traffic memory zone
- Movement-based magnets = satisfying progress cue
- Messages on food = hard to ignore
- Obstructive reminder = remembered reminder

You see the microwave → it blocks your snack → you remember.
You open the fridge → task stares you down → brain activates.
This isn't visual clutter. This is neurodivergent infrastructure.

You're turning snack time into strategy time.

One passive-aggressive post-it at a time.

HACK # 3

THE PANTRY SABOTAGE



Your ADHD brain doesn't check the to-do list. But it does open the pantry 19 times a day.

So hide your reminders where your snacks live.

Slip a sticky note behind the chips.

Wedge your to-do list between pasta boxes.

Wrap your power bill around your protein bar.

Examples:

- “Don't touch this until you call your doctor.”
- “Eat this after you find the charger.”
- “Open this drawer = open that email.”

This is weaponised snacking.

A guilt trip in the form of a granola bar.

WHY IT WORKS

- The pantry is ADHD high-traffic
- Hidden notes = novelty = attention-grabbing
- You don't ignore snacks — so hide your strategy inside one
- Snack = memory portal = clever interruption

You open the cabinet → you see the sabotage → you remember.

It's not about shame.

It's about tricking your snack-seeking into memory-recalling.

You're not just storing food.

You're embedding executive function inside the crackers.

HACK # 4

THE SINK SIDE REPEATER



Your brain forgets boring routines.

But you always end up at the sink.

Turn that dishwashing zone into a habit-building zone.

Stick a mini whiteboard, waterproof card, or tile sticker near the faucet.

Write one repeatable routine that always gets skipped:

- “Take meds before dishes.”
- “Unload the drying rack = dopamine.”
- “Text Mom while water’s running.”

Even better: use colour-coded stickers for each day of the week.

Mondays (Pink) = bills.

Tuesdays (Blue) = laundry.

Saturdays (Green) = text friends

WHY IT WORKS

- Dish zones = consistent, unavoidable touchpoints
- Daily repetition builds memory muscle
- Linking routine with location reduces cognitive load
- Sink = signal station = memory anchor

You’re rewiring dish duty into a ritual.

Because muscle memory can carry what your brain drops.

You touch the sink → you get a trigger → you remember the cycle.

This turns rinse-and-forget into rinse-and-remember.

BEDROOM SANITY-SAVING SYSTEMS *THAT STARTS & ENDS THE DAY RIGHT*



HACK #5

PILLOWCASE MEMORY TRICK



A lump-in-your-head kind of memory system.

What It Is:

You place the object you need tomorrow inside your pillowcase before bed.

Example:

- Envelope you need to mail = inside the pillowcase
- Morning meds = under the pillow
- Gym socks = in the pillowcase mouth, ready to judge you

When you lie down, your head bonks it and your brain goes: “Oh right... that thing.”

WHY IT WORKS

- Your body becomes the reminder.
- Physical discomfort triggers mental recall.
- It disrupts your “bedtime autopilot” so you don’t coast past your task.
- Your brain can’t ignore a lumpy, wrong-feeling pillow.

It’s bedtime sabotage... in the kindest way possible.

And somehow, it works better than a sticky note because you can’t swipe this one away.

It sits. It pokes.

It waits until you listen.

Turns out, the brain forgets words... but it remembers discomfort.

HACK #6

THE FRAME DROP METHOD



If it blocks your exit, it buys your brain time, especially when it crashes dramatically.

Pick any item with “trip hazard” energy, a leaning frame, book, even your plushie from 2003.

Prop it against your bedroom door before bed.

When you try to leave in the morning, BAM. Instant pattern interrupt.

Examples:

- Framed photo tips over = “Wait, did I pack meds?”
- Old book crashes = “Didn’t email Jen.”
- Pillow on the floor = “Oh right... call Mom.”

WHY IT WORKS

- Physical disruption = mental pattern break
- Doorway equals daily transition = prime spot for cues
- Embarrassment works (so does chaos)
- Accidental trip = intentional recall

You're turning your bedroom exit into a lumpy, lovable obstacle course for your brain.

Your body hits the object → your brain hits the memory.

You’ve created a physical checkpoint for your autopilot brain.

And weirdly, it works better than any phone alert ever did.

HACK #7

THE CEILING WHISPERER



Your brain forgets what's on your mind until you're staring at the ceiling.

What It Is:

Stick a glow-in-the-dark sticker or tiny note to your ceiling with one clear cue:

- "Water bottle?"
- "Call mom."
- "Take meds before coffee."

You'll spot it when you lie down, when you can't sleep, or when you wake at 3am with a random memory burst.

WHY IT WORKS

- Unexpected placement = attention magnet
- Targets the exact moments your brain starts spiraling
- Your ceiling becomes your accountability partner

The brain treats ceilings as blank space so anything there becomes loud. This is ambient memory, not forced.

It shows up exactly when your mind is quiet enough to receive it.

Not pressure, just a post-it from your future self. And that's often enough. It's like catching your own thought in midair and pinning it where the world usually feels blank.

Soft interruption.

Sharp recall.

HACK #8

THE “LIGHT SWITCH LOOP” TRICK



If the lights go off, the task must be done.

Tape a small sticky note or symbol directly on your bedroom light switch: one task per night.

You don't turn the lights off until that one thing is complete.

Examples:

- 💡 Sticky note says “Fill water bottle” = no lights off until it's full
- 💡 Lamp still off? → You said you started the laundry. Liar.
- 💡 “Set out clothes” = light stays on until outfit is ready for tomorrow

WHY IT WORKS

- You can't end the day on autopilot; the light itself holds the boundary
- Your brain links physical routine with closure
- Light becomes the cue, the gatekeeper, and the reward

It's simple. It's annoying_(in a good way).

And it forces one final pause before the shutdown sequence begins.

You're not punishing the brain, you're helping it close its tab.

Light off = loop closed.

Bonus: Use color-coded notes for different types of reminders (green = prep, red = reply, blue = reset).

ENTRYWAY SANITY-SAVING TRAPS FOR THE 10 SECONDS BEFORE YOU LEAVE



HACK #9

THE “NOPE, CAN’T LEAVE YET” DOORWAY DISRUPTOR



The doorway is a danger zone.

You’re holding six thoughts, one shoe, and a half-drunk coffee. Your brain deletes everything except "must exit now."

Here are 3 ways to make it stop and remember:

1. Blocker Bottle

Leave a big, annoying item in front of the door — a giant water bottle, umbrella, even a laundry basket.

Your brain will literally trip over the memory. That interruption gives you a 2-second window to remember what you were supposed to grab.

2. Wrong Shoe Trick

Only leave one shoe at the door — and make it mismatched.

Your brain will pause when it doesn’t see a full pair. That pause = memory unlocked.

3. Doorknob Decoy

Tie a sock, ribbon, grocery list, or pill bottle to the doorknob.

The weirdness jolts you out of autopilot. Your brain says: “Wait, something’s off...” and pulls up what you meant to do.

WHY IT WORKS

- It creates a physical interruption to your autopilot
- Forces a 1-second pause = enough time to remember
- It’s mildly annoying, which helps ADHD brains anchor meaning to it

It’s not just a random shampoo bottle.

It’s an ADHD bouncer saying, “Not so fast, friend.”

It delays the door just long enough to save the day.

One awkward bottle. One tiny pause.

One less forgotten thing.

HACK #10

THE FRAME DROP METHOD



Your ADHD brain doesn't remember what you need until something falls over dramatically.

Lean a frame, book, or oddly shaped object right up against the inside of your front door or wherever you walk out.

When you try to leave, it tips over or bumps your foot.

And your brain finally goes: "WAIT... what am I forgetting?"

Examples:

- Framed photo = "Mail the form."
- Notebook = "Grab your lunch."
- Art print = "You were supposed to take the meds."

It's not sabotage. It's an attention trap. And you set it for yourself.

WHY IT WORKS

- Physical disruption = mental recall
- Door = transition point = high leverage
- Visual weirdness + motion = impossible to ignore
- Trip hazard = task reminder = system that works

You're booby-trapping your own doorway for the greater good.

You bump it → your brain gets bumped too → you remember.

The interruption is the cue.

The mess is the message.

This is ADHD-proof exit planning through strategic clumsiness.

HACK #11

THE EXIT COUNTDOWN CARD



Your ADHD brain forgets things as soon as your hand hits the doorknob.

So make the door talk back.

Stick a small card or sticky note next to your door at eye level, with a short, dramatic checklist.

Just 3 steps.

Not boring.

Examples:

- 1. Keys?
- 2. Phone?
- 3. Your motivation?

Or:

- 1. Laptop
- 2. Banana
- 3. Actual human dignity?

Touch each one before you walk out. Say it out loud if that helps. It's not a to-do list, it's a launch sequence.

WHY IT WORKS

- Humor + friction = memory boost
- Final pause = interrupting exit autopilot
- Tactile ritual = dopamine + closure
- Tiny checklist = massive brain save

You're giving your executive function one last hug before you launch into chaos.

You see the card → you pause → the checklist kicks in.

The goal isn't perfection, it's **not forgetting the one thing that will ruin your day.**

HACK #12

THE “GOODBYE WALL” GLANCE



Your ADHD brain deletes important thoughts the moment shoes go on.

So make the wall your final brain checkpoint.

Stick a small whiteboard, corkboard, sticky-note grid, anything glanceable right next to your exit door.

Label it something your brain can't ignore:

- “Checkpoint Charlie”
- “Final Boss Wall”
- “Did You Remember the Thing?!”

Write down the stuff that always slips through:

- “Lunch”
- “Water bottle”
- “That form”
- “Banana. Always the banana.”
- “Breathe.”

You don't need to read it like a checklist. Just look.

Glance = unlock memory tab.

WHY IT WORKS

- Proximity = maximum memory retrieval
- Eye-level cues = fastest access point
- Repetition builds habit without effort
- Wall glance = memory checkpoint = task saved
- Unlike a checklist, this isn't for ticking off. It's for scanning and unlocking a tab you forgot you had open.

You're training your eyes to save your brain.

One quick glance before the world hits.

You see the wall → your brain lights up → you catch what was about to disappear.

It's not a to-do list. It's a visual jolt for your exit routine.

**DIGITAL
SHENANIGAN-
STOPPERS
FOR THE
BRAIN THAT GETS LOST
IN ITS OWN INBOX**



HACK #13

INBOX INFILTRATION REMINDER



Email yourself a memory that acts like a spammy notification, but it's from you.

What It Is:

Send yourself an email with a sassy, terrifying, or emotional subject line that'll show up in notifications every time you check your inbox.

Examples:

- Subject: "If you forget the meds again we riot"
- Subject: "Don't open TikTok. Open the form."
- Subject: "🤡 You still haven't updated the spreadsheet, hero"

WHY IT WORKS

- ADHDers check email a million times a day, but rarely retain anything
- This injects personalized, emotion-charged interruption
- It works across phone + desktop + notifications

Inbox becomes internal monologue. But way more useful.

Make it a daily recurring email if needed, or schedule them ahead for sneak attacks. It turns your inbox into a passive-aggressive memory vault, curated by you for you.

Basically, you're weaponizing your own inbox like a chaotic executive assistant who's had enough of your nonsense.

HACK #14

TAB HOSTAGE SITUATION



Make one browser tab your digital guilt trip until the task is done.

What It Is:

Keep one tab open at all times that has nothing in it except a GIANT REMINDER.

Examples:

- Open a Google Doc titled “DID YOU DRINK WATER TODAY??”
- Leave an empty Notion page that just says “WHERE IS THAT FORM?”
- Create a Canva image that says “CALL YOUR MOTHER” and keep it open

You can even pin it in your browser so it’s always staring back at you.

WHY IT WORKS

- ADHD brains get overwhelmed by tabs, but also live in them
- One “silent screamer” tab interrupts visual tunnel vision
- It’s non-obtrusive, but omnipresent, exactly what you need

Every time you open a new tab, it’s like: “Nice.

But have you hydrated, clown?”

That one static tab becomes your digital conscience, quietly judging you from the corner while you try to Google “can you eat expired hummus.” It’s not flashy or complicated, just a persistent little guilt sprite, camping out in your browser until your brain gets its act together.

HACK #15

RENAME YOUR WI-FI NETWORK



Let your internet connection roast you into remembering.

What It Is:

Change your home Wi-Fi network name (SSID) to a task-based or guilt-powered message that shows up every time you go to connect — on your phone, laptop, tablet, smart fridge, etc.

Examples:

- CONNECT_AND_DRINK_WATER
- SEND_THE_DANG_EMAIL_FIRST
- DID_YOU_TAKE_YOUR_MEDS

Even better? Add one for the guest network:

CLEAN_YOUR_ROOM_GOBLIN

WHY IT WORKS

- ADHD brains thrive on ambient interruption → and Wi-Fi names are everywhere
- Every time you connect, it's a funny-painful cue that triggers recall
- It works across devices → builds a consistent external brain system

You're not just getting online. You're logging into your conscience.

Your Wi-Fi becomes a sarcastic life coach, screaming from the router:

“Hydrate, you dusty goblin!” And because it pops up across every device, it works even when you're sleep-scrolling or halfway through a snack spiral. It's not just connection, it's ambient accountability, broadcast in all caps.

HACK #16

APP BANISHMENT METHOD



Force yourself into memory by locking your favorite app behind a to-do.

What It Is:

Move your go-to dopamine app (Instagram, TikTok, etc.) to a different screen, inside a folder named after your unfinished task.

Examples:

- TikTok lives in a folder called “TEXT SARAH BACK”
- Instagram inside a folder called “APPLY TO THAT JOB”
- Netflix? You gotta open “CLEAN YOUR EMAILS FIRST” to get there

Even if you ignore it, your brain still gets hit with the message.

WHY IT WORKS

- ADHD brains love frictionless distraction → you’re adding friction with intention
- It’s a passive pop-up, built into your muscle memory
- You’re rewiring your swipe pattern to pass through your to-do list

No guilt. Just clever rerouting.

You're not blocking the fun, you're booby-trapping it.

Every swipe becomes a detour through your own unfinished business. It's a soft interruption, baked into the exact moment your brain would usually escape. And that's the magic: you're not trying to force focus, you're making avoidance work for you.

**ROMANTIC
MAINTENANCE
HACKS**
*FOR THE BRAIN THAT IS
BRILLIANT AT LOVE
(AND TERRIBLE AT
SCHEDULES)*



HACK #17

THE LOVE NOTE TIME TRAP



Because their future self deserves a forehead kiss from you.

What It Is:

Randomly schedule sweet messages to your partner in your calendar or task app, so they pop up weeks (or months) later.

Examples:

- “Text them: I love how you laugh when you're tired.”
- “Send a photo of the time they carried all the groceries like a boss.”
- “Remind them they’re hot. Be weirdly specific.”

Bonus: set them to repeat yearly.

WHY IT WORKS

- ADHD brains forget gestures, not feelings. This automates both.
- Surprise affection = powerful emotional glue.
- It makes your partner feel seen at random, not just on birthdays.

Tiny time-traveling love bombs. From you... to future them. The kind of messages that arrive out of nowhere on a random Tuesday and make your partner smile like it's Valentine's Day.

You can say, “Even when I forget socks and lunch and basic time management... I didn’t forget you.” And honestly?

That’s the kind of chaos-wrapped affection ADHD does best.

HACK #18

THE SOCK SHELF SIGNAL



Because sometimes “I’m overstimulated but I love you” needs subtitles.

What It Is:

Choose one place near your door, bedroom, or living room, a shelf, hook, or tray. Use that spot to quietly signal how you’re feeling when words are too much.

Examples:

- Put a sock there = “I’m low on energy — please be gentle.”
- Leave your keys = “I’m doing okay, but need space tonight.”
- Place a bright object = “Let’s talk, I’m ready to connect.”

It’s like giving your mood a flagpole.

WHY IT WORKS

- ADHD makes it hard to share feelings in the moment.
- This gives your partner a clear signal, no talking needed.
- You ask for what you need before things boil over.

It’s a calm shortcut for the times you can’t explain your brain out loud, when everything inside feels jumbled, but nothing comes out right.

It helps you say, “I’m not mad, I’m just fried,” or “I love you, but I can’t people right now,” without needing to find the perfect words.

You’re giving your partner a gentle heads-up, so the connection doesn’t get lost in confusion.

HACK #19

THE SHARED SHOW RULE



Because rewatching together is bonding. Watching ahead is betrayal.

What It Is:

Pick one TV show, YouTube channel, or podcast that's just for the two of you.

Agree not to watch it alone, ever.

Examples:

- Friday nights = pizza + your show
- Save new episodes until you're both home
- Create inside jokes about characters and use them in real life

Even a 20-minute sitcom can become a shared ritual.

WHY IT WORKS

- ADHD brains crave comfort patterns and shared laughs.
- It builds a routine that's low-effort but emotionally meaningful.
- It's not just screen time, it's "we" time, even when life's chaotic.

No pressure. Just togetherness, one episode at a time.

It's a built-in pause button for your week, a little pocket of consistency when everything else feels like chaos. Even if the day was a disaster, you still have this shared ritual. It's not about the show. It's about choosing each other, again and again, from the couch.

HACK #20

THE “DINNER = DOWNLOAD” RITUAL



Because having feelings over food is easier than scheduling “a talk.”

What It Is:

Turn one regular moment (like dinner or evening tea) into a mini check-in ritual using a shared object as a signal.

Examples:

- Flip your spoon = “I want to talk about my day.”
- Turn your mug upside down = “Please just listen, I don’t need advice.”
- Place a napkin on your plate = “Can we just be quiet together tonight?”

You both get to share where you’re at, without guessing.

WHY IT WORKS

- ADHDers can be chatty or shut down, with no warning.
- Gives your partner context, so they don’t take your mood personally.
- It replaces tension with intentional, kind communication, silently.

You’re creating a “safe zone” where emotions don’t have to be perfect, just seen. A space where you don’t need the right words, the right tone, or even the right mood, just the honesty to show up as you are. It tells your partner, “You don’t have to fix me. Just sit with me.” And that kind of safety builds the kind of love that lasts.

**FRIENDSHIP
KEEP-ALIVE
TRICKS**
*FOR THE BRAIN
THAT DISAPPEARS
(BUT STILL CARES
DEEPLY)*



HACK #21

THE SCREENSHOT SAFETY NET



Because if you can't remember the conversation, at least you saved it.

What It Is:

Every time a friend sends something meaningful, a compliment, a funny meme, a soft moment, take a screenshot. Drop it in a "Friend Vault" album on your phone.

Then? Use it as fuel for reconnecting.

Examples:

- Reply with: "This popped up and made me think of you again 🧡"
- Send them their own old text with "Still true. Still grateful."
- Or just revisit it when your brain says, "You've been a terrible friend."

WHY IT WORKS

- ADHD brains forget good moments, then spiral in guilt
- This creates a bank of connection you can revisit and reuse
- It makes remembering people into a visual habit, not a guilt trip

You're turning screenshots into emotional bookmarks.

Portable proof you still care.

Because when your brain forgets the warmth, the words, or even why someone mattered in the first place, you'll have the receipts. Not for guilt, but for grounding. It's your way of saying: "Even when I vanish, you still live here, in this tiny, glittery folder of proof."

HACK #22

THE “2-MINUTE HUMAN” RULE



Because staying in touch shouldn't feel like a doctoral thesis.

What It Is:

Set a timer for 2 minutes. Use that time to send a tiny, imperfect message to someone you miss, a voice note, a selfie, an “I’m alive” gif.

Examples:

- “Thought of you when I walked past that cursed coffee shop.”
- “I miss your face.”
- [insert photo of your dinner with zero context]

You don't need a paragraph.

You just need a ping.

WHY IT WORKS

- ADHDers often ghost unintentionally, then feel too guilty to reappear
- This lowers the pressure bar to “just show up”
- It makes reconnecting a habit, not a hurdle

You're not writing essays.

You're tossing friendship pebbles across the pond.

Small, imperfect, and maybe a little lopsided, but they ripple.

They remind your people that you're still out there, thinking of them, even if your brain's been offline.

Because in ADHD friendship, consistency doesn't always look like showing up on time. Sometimes, it's just showing up at all.

HACK #23

THE GLOVE DRAWER GIFTING TRICK



Because gifting, no matter how small, is still a love language. This helps to tie through when executive function is unavailable.

What It Is:

Keep a stash of tiny, friend-worthy treats in your glove compartment or bag: cute stickers, extra tea bags, little notes, \$1 face masks, whatever feels small and kind.

Every time you see a friend in person? Hand them one. No ceremony.

Just “This made me think of you.”

WHY IT WORKS

- ADHD brains forget birthdays but remember vibes
- This builds a reliable kindness ritual, no mental prep required
- It turns spontaneous hangouts into connection moments

You’re doing it intentionally, in the only way your brain allows.

And that’s more than enough.

Because thoughtfulness doesn’t have to be perfectly timed or Pinterest-worthy, it just has to be real. You’re building a system that works with your messy, forgetful, lovable brain.

And in the end, that tiny surprise gift says what your executive function often forgets to: “You matter to me. I planned for the moment I’d probably forget you.”

HACK #24

THE BRAIN-BACKUP BUDDY LIST



Because trying to remember who to check in on is a memory game no one wins.

What It Is:

Once a month, open a note on your phone and write down 5 people you care about but don't talk to enough. That's it.

Just list them.

Then when you have social energy even 5 minutes, open the note and reach out to whoever feels right.

WHY IT WORKS

- ADHD often disconnects emotion from action → you care but forget to act
- The list gives your future self a shortcut to meaningful outreach
- No need to decide every time, you already pre-saved the humans

You're giving your memory a friend list to hold when your brain drops the ball.

Because you do care, you just don't always have the mental tabs open to prove it. This list becomes your backup system for connection, ready when your energy returns.

It gently says, "Hey, when you're ready to reach out, here's who matters." No pressure. No shame. Just a quiet nudge toward the people who feel like home.

MONEY
IMPULSE-BLOCKING
TRICKS
THAT FORGETS
BUDGETS
(BUT STILL WANTS
STABILITY)



HACK #25

THE “CRINGE WALLET NOTE”



Your ADHD brain forgets your budget until you're standing in line holding a latte and your rent.

So stuff your wallet with a tiny, mildly humiliating note.

One that makes you pause at checkout and ask: “Do I need this... or am I trying to fix my mood with overpriced mugs again?”

Examples:

- “Is this item worth overdraft anxiety?”
- “You have 3 versions of this at home.”
- “Your bank account said NOPE.”
- “Buying this won't fix your childhood.”

You don't even have to read it every time, just seeing it works.

Especially if it's wrinkled, hand-written, and emotionally aggressive.

WHY IT WORKS

- Physical friction slows the impulse
- Emotional cringe = strong recall
- Humor + self-awareness = budget armor
- Note = visible interruption = financial pause button

Open wallet → see chaos scrap → impulse interrupted.

Spending paused. Budget remembered. Latte... possibly returned.

You're making your wallet yell at you...
so your brain doesn't have to.

HACK #26

“CASH STASH GUILT POCKET”



Your ADHD brain forgets you're broke until the account is negative and the vibes are worse.

Hide small, intentional cash bundles around your home but wrap them in judgment.

Examples:

- \$20 in an envelope that says: “DO NOT TOUCH UNLESS TEETH FALL OUT.”
- \$5 in a sock labelled: “EMERGENCY ONLY.”
- A \$10 bill taped behind the cereal box with a note: “This is your Uber home from a bad decision.”

You're not just saving money. You're hiding it in booby-trapped kindness.

WHY IT WORKS

- Novelty = memory boost
- Emotional labels delay bad decisions
- Hidden money feels like a win
- Guilt note = spending delay = emergency fund that works

You're turning future-you into a stingy guardian angel.

Find the cash → see the message → remember you're not made of credit.
Impulse can't beat surprise + shame + strategy.

HACK #27

REPEAT-O-CHARGE ATTACK



Your ADHD brain forgets subscriptions... but your bank account never does.

So set **recurring calendar events** with titles that scream at you. Not gentle ones.

Loud, unhinged ones.

Examples:

- “👛 YOU’RE PAYING FOR THIS AGAIN”
- “🚫 DO YOU EVEN USE THIS APP??”
- “🏃 GYM DRAFTS TODAY. HAVE YOU MOVED?”

Even better:

Colour-code them red.

Make the alert go off twice.

Attach the support link to cancel it, right in the event.

WHY IT WORKS

- Repetition builds awareness
- Shame + timing = cancellation energy
- Visual alert interrupts passive spending
- Calendar scream = subscription recall = wallet protection

You’re turning your Google Calendar into a financial attack dog.

Calendar pings → brain flinches → money maybe saved.

This isn’t budgeting. This is an ambush. By future-you.

HACK #28

SPEND SHAME SCREENSAVER



Your ADHD brain taps “buy” before it taps “think.” So put the regret on your lockscreen.

Take a screenshot of your credit card balance, Venmo total, or checking account. Make it your lockscreen or widget. Right next to your face.

Too real? Use a reminder phrase instead:

- “Is this panic spending?”
- “You swore you'd stop this.”
- “Think, THEN tap.”

You’ll see it every time you reach for the dopamine device.

WHY IT WORKS

- Screen = max-visibility zone
- Passive glance = active recall
- Interrupts default buying loop
- Balance image = brain freeze = spending pause

You're weaponizing your home screen... to stop the buy-before-you-blink spiral.

Unlock phone → unlock guilt → maybe walk away from checkout.

It's not shame.

It's strategy.



SAY THIS OUT LOUD (OR TEXT IT TO YOURSELF)

- “My brain’s not broken. It just runs a different operating system... with surprise updates.”
- “Clarity doesn’t always come first. Sometimes weirdness gets me there faster.”
- “If it works, it’s not silly. It’s strategy in disguise.”
- “I don’t need perfect habits. I need forgiving ones that wobble with me.”
- “Forget normal. I’m building a system that actually fits my brain, one sock, spoon, and sticky note at a time.”
- “If it takes me five weird systems to do one small thing, that’s not dysfunction. That’s devotion.”
- “I am not lazy. I am living in a brain that burns twice the fuel to do half the task and I’m still here.”

THAT'S ALL THE BANANAS FOR NOW

28 hacks.

Too weird to be fake. Too useful to ignore.

And every single one built with your delightfully
distractible brain in mind.

You might not use all of them.

Some might flop.

Some might click so hard you wonder how you lived
without them.

That's how this works, trial, error, triumph,
and a little joyful chaos.

If even one trick made your day 3% easier (or made you
laugh before screaming into your laundry pile),
then this Toolkit has done its job.

And just so we're clear:

You're not broken.

You're building a system that fits you better.

One spoon, a towel, and a shoe at a time.

Weirdly proud of you,

Daph

SUPERSKILLSADHD

WANT MORE?

There's no shame here, just workarounds.

This micro-guide is part of the Banana Brain Series:
ADHD tricks that sound weird but work.

Looking for the deeper stuff (identity, healing, emotional overwhelm)? That's in the full ADHD Reclamation Toolkit.
But for now, tape this to your forehead, metaphorically.
Or not. Honestly, that might help.

This is the micro-guide.

The “banana-level chaos” stuff.

If you're ready for deeper work (identity, overwhelm, emotional burnout), **sign up here**

LETTERS FROM MY ADHD Reclamation Toolkit

Want more helpful ADHD things?

Join the newsletter zero spam, all dopamine.

sign up here

SUPERSKILLSADHD NEWSLETTER CLUB

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