

TIME BLINDNESS WORKSHEET

Make time visible again. Tracks estimates versus actuals and the tasks that always take three times longer than planned, no matter how many times you've done them.

01 // WHAT THIS IS

AN EXTERNAL RECORD FOR AN UNRELIABLE CLOCK

This worksheet doesn't try to fix time blindness directly. It builds an external record, estimate versus actual, logged over time, so the pattern becomes visible even when the internal sense of time isn't reliable.

02 // HOW TO USE IT

- 1. Log your estimate before you start.** Write down how long you think the task will take, before you have any actual data from doing it.
- 2. Track the actual time.** Note when you started and when you actually finished, including any interruptions.
- 3. Log transition time separately.** The gap between tasks, finding things, switching mental gears, usually isn't counted and usually adds up to more than expected.
- 4. Compare, don't judge.** Look at the pattern across several entries. The point is better estimates next time, not evidence for self-criticism.

03 // WHEN TO USE IT

A NOTE BEFORE YOU START

Built for ADHD time blindness and anyone whose internal clock doesn't match the one on the wall. This is external data collection, not a measure of effort or worth; if the gap between estimate and actual is causing real harm at work or home, that's worth naming with a clinician or coach.

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TIME BLINDNESS WORKSHEET

DATE RANGE

CONTEXT

01 // ESTIMATE FIRST. COMPARE LATER.

One row per task: estimate, start, finish, actual, transition time.

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WHAT KEEPS REPEATING?

MY RECALIBRATION RULE (E.G. ADD __ MINUTES,
MULTIPLY BY __)