START HERE

One thing. A little easier.

A thoughtful look at one routine, with room for your actual life.

You don't need to have the problem neatly figured out. Short answers, bullet points and “I'm not sure” are welcome. Specific details help more than polished writing.

Type into the boxes or print and write. Save a copy before returning it through your purchase instructions. Share only what feels relevant; medical records and sensitive personal history aren't needed.

What would you like me to call you?

Email used for purchase

How would you like your response?

- ○ Written response
- ○ Audio + written recap

1 What is one routine you'd like help making easier?

Choose one specific situation rather than your whole day.

2 What would “a little easier” look like for you?

What change would make a noticeable difference to you?

NOTICE / 01

Show me what happens.

An ordinary, imperfect example gives us something useful to explore.

3 Walk me through a recent time this happened.

Where were you? What happened just before and next? Where did things get difficult?

4 What details might be easy for someone else to miss? (optional)

Sensations, interruptions, where things live, strong preferences... Oddly specific is welcome.

5 When does this go a little more smoothly? (optional)

What seems different? “I haven't noticed yet” is a useful answer, too.

NOTICE / 02

Keep what matters.

A routine can be difficult and still contain a part you want to preserve.

6 What have you already tried, and what happened?

What helped a little? What added work, got forgotten or felt unrealistic?

7 What do you enjoy or want to keep? (optional)

A familiar ritual, favorite object, time alone, spontaneity... What matters to you?

8 What does a suggestion need to work around?

Energy, shared spaces, caregiving, sensory preferences, time or budget. Please say if you prefer ideas that don't involve buying anything.

TRY / ADJUST

Room for real-life days.

We're looking for a manageable experiment, not a perfect routine.

9 On a low-capacity day, what feels possible?

What usually becomes too much? There's no minimum you need to manage.

10 Anything else you'd like me to understand? (optional)

You can also use this space to add to an earlier answer.

☐ I understand this offer focuses on one everyday routine and provides practical education and planning support. It does not include therapy, diagnosis, medical advice or urgent support.

Thank you. You've given me a place to start.

Your personalized response arrives within five business days of receiving your completed questionnaire. You then have 14 days to send one update or follow-up question; I'll reply within three business days.

There's no need to get the experiment “right.” What happens when you try it gives us something to work with.