

Plan the Transition Before Leaving

Attention planning and follow through | Adults and teens 13+ | 10 to 15 minutes

Create a short sequence for one transition that often becomes difficult.

Leaving home, ending work, or moving between activities can involve many small steps. Choose one transition that regularly creates stress. Build a short sequence that reduces the need to remember everything at the same moment.

Work backward from the destination

Describe where you need to be and what you need there. Include the items, information, travel, and access arrangements involved. Decide what can be prepared earlier without creating a safety or privacy problem.

Use a short checklist

Choose three to five essential steps. Example: check the appointment address, place necessary items by the door, put on shoes, and check the travel plan. A visible cue or existing reminder may help you begin.

Plan for disruption

Choose what matters most if time is short and how to communicate a delay. Review the sequence after one attempt. If the same step repeatedly fails, change the setup or seek assistance rather than adding more self-criticism.

The transition and what I need at the destination

Three to five essential steps in order

My starting cue and what I can prepare earlier

A backup plan and one change after trying it