

CASSANDRA AARSSSEN

Try one organizing system that fits you

Use this page after Cassandra Aarssen's talk to run one small, no-shame experiment. You are testing a system, not grading yourself.

NeuroDiversiion companion worksheet • based on Cassandra Aarssen's talk

1. Notice your storage preferences

Cassandra describes two useful questions: do you need to **see** things or put them **away**, and do you prefer **detailed** categories or **broad** ones?

- ☐ See it ☐ Put it away
- ☐ Detailed categories ☐ Broad categories

What I notice about my current system:

2. Pick one small space

Choose a place where clutter naturally lands: one drawer, one shelf, one bag, or one small surface. Keep the experiment small enough to finish.

The space I'm testing:

What naturally lands there:

3. Try broad bins that match the way you use the space

Cassandra found that broad, labeled bins worked better for her than detailed filing. Make categories you can use on a tired day.

My broad labels:

1. _____ 2. _____
3. _____ 4. _____

What I'll notice after one week:

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