

# EXECUTIVE FUNCTION SCAFFOLDING OS

Sourced from *Survival Blueprint Ch. 2 + Invisible Disability Ch. 4*

## EXECUTIVE FUNCTION SCAFFOLDING

Survival Blueprint + Invisible Disability

### 01 · EXTERNALIZE TIME — VISUAL

**Time Timer. Calendar blocks. 15-min advance alarms.**

*Numerical time doesn't register; visual does.*

### 02 · EXTERNALIZE WORKING MEMORY

**Write everything. One capture system, not five.**

*"I'll remember" is the most expensive sentence.*

### 03 · BODY-DOUBLE — TASK INITIATION

**Work alongside someone. In person, video, FocusMate.**

*Presence anchors. Activation borrowed.*

### 04 · PRE-COMMIT DECISIONS

**Same outfit, breakfast, sequence. Implementation intentions.**

*If [trigger], then [behavior].  $d = 0.65$ .*

### 05 · REDUNDANT SAFETY NETS

**Assume failure. Build for worst day, not best.**

*Single-point-of-failure scaffolding will fail.*

THE HUMAN FREQUENCY · FIND COMMON GROUND

#### PRINT INSTRUCTIONS

Fold this card in half along the horizontal center for a wallet-sized version, [thehumanfrequency.net/human-os/executive-function-scaffolding](https://thehumanfrequency.net/human-os/executive-function-scaffolding) or print on cardstock and laminate for the fridge or office wall.

#### READ THE FULL PAGE

For the mechanism, the protocol, and citations.