

ADHD

Do any of these scenarios sound like you?

- You know what you need to be doing, but you just can't quite seem to get going.
- You allow yourself plenty of time to get out the door each morning, but you still find yourself rushing out the door.
- You have a great idea that you want to make happen but you can't seem to get started or don't know the steps to get there.

We can help with you! SolutionsForYou Certified Professional Organizer (CPO®) and ADHD Specialists are here to help you achieve your goals. We specialize in providing organizing strategies to individuals with brain-based conditions like ADHD, Anxiety, Asperger's, Depression, OCD, and Chronic Disorganization.

Are you ready?

You've taken the first step. Now, let's get started on getting you organized, once and for all. Click below to complete your organizing needs assessment online or call Anne at 503-246-0710.

[Get started now!](#)



"It's amazing; my desk is no longer a catchall. Nobody touches this space except me now—before I was the only one who didn't use this space. I can find any piece of paper I am looking for and I know where to file paper when I receive it. I am so appreciative of Anne, I can't say that enough. She coached me through the entire process. I feel so much calmer now that I can make decisions and manage my paper."

I am in control and can navigate our “command central” with ease and confidence. You, Anne, not only cleared the clutter from my home, you cleared the clutter in my head. I have ADD and this is a freedom I’ve never felt. Thanks a million for your help Anne, you have made me so happy and you are worth every penny!” **Angela Coel**

