

3. ND Cleaning Algorithm (What Should I Do Next?)

When you feel stuck, ask each question and notice which one feels *right* in your body.

1. Which option will have the biggest impact on my life tomorrow?
2. Which one is causing me the most stress RIGHT NOW?
3. Which is the grossest or most urgent?
4. Which option feels smallest?
5. Which one is easiest to see progress in?
6. Which one takes the fewest steps?
7. Which task is safest for my sensory/emotional state?
8. Which task have I been avoiding the longest (and would relieve the most anxiety)?

Your Task Choice:

Why I Chose It:
