

Chaos to Consistency™

Individual Worksheet Collection

14 practical, family-friendly tools from Ethos Shoreline

AWARENESS • REGULATION • PLANNING • FOLLOW THROUGH • FAMILY ALIGNMENT

How to Use This Collection

Choose the tool that matches the barrier in front of you. Keep it visible, keep it simple, and focus on repeated practice rather than perfection.

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1. Regulation Meter

Notice your current state before deciding what your brain and body need.

Right Now, I Feel...

1 — CALM	2 — ACTIVATED	3 — OVERLOADED	4 — SHUT DOWN

What I Notice in My Body

Circle, check, or add your own.

☐ Fast heartbeat	☐ Tight muscles
☐ Restless/fidgety	☐ Hot face/body
☐ Tired/heavy	☐ Quiet/frozen
☐ Racing thoughts	☐ Hard to focus

What Might Help Me Move Toward Regulated?

My next small step is:

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2. Calm-Down Menu

Build choices before emotions get loud.

BODY — movement or sensory strategies

☐ Walk	☐ Stretch
☐ Push against a wall	☐ Cold water
☐ Deep pressure	☐ Slow breathing
☐ Other: _____	

BRAIN — ways to reduce mental overload

☐ Quiet space	☐ Music
☐ Count backward	☐ Name 5 things I see
☐ Write it down	☐ One-step-at-a-time
☐ Other: _____	

CONNECTION — people who help

Person	How they can help

My top 3 go-to strategies

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3. Task Breakdown

Make a big task small enough to start.

The task I need to complete:

What makes this task feel hard?

STEP	WHAT I WILL DO	EST. TIME	DONE

The smallest possible first step is:

When I finish, I will:

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4. Daily Planner

Create a realistic plan that includes responsibilities, transitions, and recovery.

Today’s Big 3

PRIORITY	WHY IT MATTERS	DONE

My Day

TIME	WHAT I’M DOING	REMINDER / SUPPORT	DONE

Transition / regulation break I need today:

Something I can let go of if the day gets overloaded:

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5. Time Estimation

Train your brain to compare predicted time with actual time.

TASK	I THINK IT WILL TAKE	ACTUAL TIME	DIFFERENCE

What did I notice about my estimates?

One adjustment I'll make next time:

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6. Reminder System

Move reminders out of people’s heads and into a reliable system.

WHAT NEEDS REMINDING?	WHEN?	WHERE WILL THE REMINDER LIVE?	WHO OWNS IT?

Reminder tools I want to use

☐ Phone alarm	☐ Calendar
☐ Visual checklist	☐ Sticky note
☐ Whiteboard	☐ Smart speaker
☐ Object placed in path	☐ Other: _____

A reminder is successful when:

7. Launch Pad

Create one predictable home for the things that leave the house with you.

My launch pad location:

What belongs here?

☐ Backpack	☐ Keys
☐ Shoes	☐ Jacket
☐ Lunch	☐ Water bottle
☐ School/work papers	☐ Sports gear
☐ Medication reminder	☐ Other: _____

ITEM	HOME / HOOK / BIN	RESET TIME	WHO RESETS IT?

Before I leave, I check:

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8. Organization System

Give important things a simple, visible, repeatable home.

WHAT GETS LOST / CLUTTERED?	ITS NEW HOME	LABEL / CONTAINER	RESET ROUTINE

Make the system easier

☐ Fewer categories	☐ Clear bins
☐ Labels	☐ Open storage
☐ Keep it where it is used	☐ Duplicate essentials
☐ 5-minute reset	☐ Other: _____

The one area I'll organize first:

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9. Follow-Through Tracker

Track the whole process: start, continue, finish, and check.

TASK	STARTED	KEPT GOING	FINISHED	CHECKED

What helped me follow through?

Where did I get stuck?

Support I'll try next time:

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10. Executive Function Self-Check

Identify strengths and areas where added support may help.

SKILL	GOING WELL	SOMETIMES HARD	NEEDS SUPPORT
Impulse Control	☐	☐	☐
Working Memory	☐	☐	☐
Emotional Regulation	☐	☐	☐
Organization	☐	☐	☐
Planning / Prioritizing	☐	☐	☐
Task Initiation	☐	☐	☐
Self-Monitoring	☐	☐	☐
Cognitive Flexibility	☐	☐	☐
Time Awareness	☐	☐	☐

A strength I can build on:

One skill I want to strengthen:

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11. Trigger & Pattern Tracker

Look for patterns without turning the pattern into blame.

WHAT HAPPENED?	TRIGGER / DEMAND	MY RESPONSE	WHAT HELPED / DIDN'T

Patterns I notice:

A change worth testing:

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12. Reset Plan

Plan how to recover when the day, routine, or relationship gets off track.

I know I need a reset when...

STEP 1 — PAUSE

What can help everyone stop escalating?

STEP 2 — REGULATE

What helps my body and brain settle?

STEP 3 — RECONNECT

What needs to be said, heard, repaired, or clarified?

STEP 4 — RESTART

What is the smallest next step?

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13. Family Operating System

Make routines, responsibilities, expectations, and communication visible.

What matters in our family?

ROUTINE / RESPONSIBILITY	WHO OWNS IT?	WHEN?	WHAT SUPPORT IS NEEDED?

How we communicate when someone is struggling:

How we repair after conflict:

Our family reset phrase / signal:

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14. Consistency Tracker

Measure repeated practice—not perfection.

HABIT / ROUTINE	MON	TUE	WED	THU	FRI	SAT	SUN

This week, consistency looked like:

What made consistency easier?

What will we adjust next week?

CONSISTENCY > INTENSITY

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