

ADHD HOME RESET CHECKLIST

A Simple, Step-by-Step Cleaning System for ADHD Brains

STEP 1 — 5-MINUTE RESET

Set a timer. Do **ONLY** these five things:

- ☐ Throw away visible trash
- ☐ Gather dishes & place them in the sink
- ☐ Pick up clothes (hamper / laundry basket)
- ☐ Clear items off the floor
- ☐ Put obvious items back where they belong

STEP 2 — PICK ONE ZONE

Choose **ONE** small area (not a whole room):

- ☐ Kitchen counter
- ☐ Bathroom sink
- ☐ Couch / coffee table
- ☐ Entryway drop zone
- ☐ Desk surface
- ☐ Table hotspot
- ☐ Other: _____

STEP 3 — BREAK IT INTO MICRO-TASKS

Do **ONE** micro-task at a time. Check off as you go.

- ☐ Pick up all cups
- ☐ Pick up all trash
- ☐ Gather dishes
- ☐ Put away items with a “home”
- ☐ Create a temp bin for items without a home
- ☐ Wipe surface
- ☐ Replace or reset objects (plant, candle, basket)

STEP 4 — SENSORY RESET

Support your nervous system before continuing.

- ☐ Open a window
- ☐ Dim lights / use softer lighting
- ☐ Put on headphones or background noise
- ☐ Wear gloves or mask if helpful
- ☐ Take 3 deep breaths
- ☐ Set a calming scent (optional)

STEP 5 — SET A VISIBLE FINISH LINE

Choose one way to signal “This zone is DONE.”

- ☐ Take a before/after photo
- ☐ Clear one anchor surface
- ☐ Place a reset object (plant, candle, tray)
- ☐ Stand back and notice the difference

STEP 6 — FUTURE-YOU MICRO ROUTINES

Pick 1–2 habits to use daily. Keep it simple.

- ☐ After coffee → wipe counter
- ☐ After dinner → all dishes into sink
- ☐ Before bed → 2-minute floor sweep
- ☐ After laundry → one-basket fold system
- ☐ Coming home → use landing zone
- ☐ Other: _____

WHEN YOU GET OVERWHELMED

Use one of these quick resets:

- ☐ First 5 Objects (pick up just 5 things)
- ☐ 60-second grounding (breathe + pause)
- ☐ Reduce sensory load (lights down, headphones on)
- ☐ Remove trash only
- ☐ Do the easiest thing in the room
- ☐ Step away for a reset break

WEEKLY HOME RHYTHM (OPTIONAL)

Choose the ones that feel doable.

- ☐ Monday – Surfaces
- ☐ Tuesday – Laundry
- ☐ Wednesday – Floors
- ☐ Thursday – Kitchen
- ☐ Friday – Bathroom
- ☐ Weekend – 10-minute reset / rest

PERSONAL NOTES / ZONES TO FOCUS ON

1. _____

2. _____

3. _____