

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. _____