

THE ADHD HOME GOALS WORKBOOK

A Guided Framework for Creating a Functional, Neurodivergent-Friendly Home

Build a home that fits your brain — not the other way around.

Welcome!

This workbook was created to help ADHD and neurodivergent adults design a home that *functions* — not a home that looks perfect.

A functional home is one that:

- supports your energy levels
- reduces friction
- prevents overwhelm
- fits your natural patterns
- makes daily tasks easier
- feels safe for your nervous system

Inside, you'll identify what *you* need, map out friction points, and create ADHD-friendly home systems that work with your brain.

How to Use This Workbook

Work through one page at a time — no pressure to finish in one sitting.

All answers can be messy, short, or imperfect.
This is a *thinking space*, not a test.

What Does a Functional Home Mean to You?

Before designing your ADHD friendly home, it's important to define what "functional" means for you personally.

Reflection Questions:

1. When I imagine a home that supports me, it feels like...

(Write freely: calm? structured? forgiving? cozy? simple?)

2. What do I wish my home made *easier* for me?

(e.g., cooking, laundry, focusing, relaxing)

3. What do I want to feel when I walk into my space?

4. What do I *not* care about?

(Perfection? Aesthetics? Fancy organization systems? Matching containers?)

5. What small improvements would make the biggest difference to my life?

My ADHD Home Values

This page anchors the design process to your values.

Which values matter most in my home?

Circle or highlight:

- Ease
- Calm
- Visibility
- Simplicity
- Comfort
- Low-maintenance
- Sensory safety
- Flexibility
- Support for routines
- “Good enough” systems

Add your own:

My top 3 values for my home are:

1.

2.

3.

Why these values matter:

Identify Your Home “Pain Points”

Which areas make me shut down or avoid tasks? (Write specific examples)

Where does clutter build fastest?

Which tasks feel hardest to start or complete?

Which areas feel most stressful or visually overwhelming?

Do I have any sensory triggers in my home?

(bright lights, clutter, noise, textures, patterns)

The 4 Pillars of a Functional ADHD Home

For each pillar, you'll fill in what changes would help you most.

PILLAR 1: Reduce Friction

Where could fewer steps or simpler systems make life easier?

(e.g., hooks instead of hangers, bins instead of drawers)

PILLAR 2: Increase Visual Support

What needs to be more visible so I don't forget it exists?

(e.g., clear bins, labels, open shelving)

PILLAR 3: Build Sensory-Safe Zones

Which areas feel overwhelming to my senses?

What would help create calm?

(lighting, textures, decluttering small spaces)

PILLAR 4: Create Repeatable Micro-Routines

What tiny, sustainable loops could I add?

(e.g., 2-minute nightly reset, Sunday laundry flow)

Behavior-First Home Mapping

1. Where do things naturally end up?

(keys, bags, mail, laundry)

2. What do I *actually* do when I walk in the door?

3. Where does my brain want to put things (not where I think they “should” go)?

4. What routines have I tried that never stick — and why?

5. What small changes would support my real behavior?

Area-by-Area Functionality Plan

Choose 2–3 areas to focus on first:

- Entryway
- Kitchen
- Living room
- Bathroom
- Bedroom
- Workspace
- Kids' spaces
- Laundry
- Storage closets
- Sensory corn

For each chosen area:

Area 1:

- What isn't working?
- What would make this area functional for ADHD?
- What friction points can I remove?
- What visual supports would help?
- What is one tiny change I can make this week?

Area 2:

(same questions)

Area 3:

(same questions)

My Sensory Needs at Home

What overwhelms my senses at home most?

(light, sound, clutter, smell, etc.)

What helps me calm down or reset?

Where can I create a sensory rest space?

What sensory boundaries do I need?

(e.g., soft lighting in bedroom, low-clutter surfaces)

The Micro-Routines Page

A functional ADHD home runs on tiny loops, not big routines.

Which micro-routines would support me?

Examples to circle/check:

- ☐ 2-minute nightly counter reset
- ☐ Drop zone tidy once per day
- ☐ Laundry flow that stops at “clean clothes zone”
- ☐ Quick bedroom sensory reset
- ☐ Morning visual planning check
- ☐ Weekly trash/recycling loop
- ☐ Dish loop (rinse → dishwasher)
- ☐ Bathroom wipe-down loop

My personalized micro-routines:

1. _____
2. _____
3. _____

My ADHD Home Goals

What do I want my home to support most?

(e.g., easier mornings, calm nights, fewer shutdowns)

My 3 main home goals:

1. _____

2. _____

3. _____

The first tiny step I will take is:

Progress Tracker + Reflection

What small wins have I already noticed?	What changes helped the most this week?	Where do I feel more supported in my home?	What's one area I'd like to focus on next?

You deserve a home that works for the way your brain works.

Not a perfect home — a functional one.

You are allowed to build systems that support your energy, your executive functioning, and your neurodivergent needs.

Small changes add up. You're doing an amazing job.