

CLEANWITHADHD

PRINTABLE BONUS

The ADHD Cleaning Reset Starter Kit

Tiny printable resets for when your home feels loud.

For the guided phone version, use CleanWithADHD.com.

How to use this kit

A few small rules so this kit stays useful instead of becoming another thing to feel bad about.

- Pick one reset.

 - Do the Minimum Win first.

 - Use the easier version if you feel stuck.

 - Stop when the area is usable.

 - Come back later without restarting.
-

ABOUT THIS KIT

This is a printable backup. The main version of Clean With ADHD is the phone-first reset system at CleanWithADHD.com. Progress in the app saves on the device you used. The PDF does not sync and it does not send reminders.

What counts as clean enough?

Done is not spotless. Done is any one of these.

You can use the space.

The smell is better.

The floor path is safer.

One surface is usable.

Tomorrow feels a little easier.

DECIDE

Pick your reset

Read the left column. Pick the one that sounds most like today. Use the reset on the right.

IF	USE
Only 5 minutes	5 Minute Reset
Kitchen blocking food	Kitchen Reset
Bathroom feels gross	Bathroom Reset
Laundry everywhere	Laundry Reset
Need to sleep	Bedroom Reset
Main room feels loud	Living Room Reset
Trash and dishes are the problem	Trash and Dishes Reset
Everything feels impossible	Minimum Win only

QUICK START

Start by mess type

If you know what kind of mess is loudest, start there. Use this as a menu, not a checklist.

MESS TYPE	START WITH
Dishes	Sink reset
Clothes	Laundry basket reset
Trash	Trash bag walk-through
Paper	One stack only
Floor clutter	10-item pickup
Smells	Trash, dishes, laundry
Company coming	Bathroom, trash, visible surfaces

PERMISSION

Pick one. Skip the rest today. The other messes will still be there tomorrow, and that is fine.

Minimum Win menu

One small win per reset. If you do this much, it counts.

RESET	MINIMUM WIN
5 Minute Reset	One visible improvement.
Kitchen	Trash, dishes, one counter spot.
Bathroom	Trash, sink, towel.
Laundry	One load started or one pile moved.
Bedroom	Bed usable, floor path safer, trash removed.
Living Room	One sitting spot, one surface, one walking path.
Trash and Dishes	Trash bag started, dishes gathered, one surface usable.

MATCH THE DAY

Energy Level Options

Every reset has three modes. Read these once. Pick the mode that matches the day, not the day you wish you were having.

LOW ENERGY

Do one visible thing.

Pick a corner you can see. Improve that one spot. Stop and call it done.

NORMAL ENERGY

Follow the basic reset.

Do the Minimum Win and the next 3 steps. Stop when the room is usable.

MOMENTUM MODE

Do the extras only if you want to.

Add bonus steps if you have energy. Stop the moment it stops feeling fun.

YOU CAN SWITCH

Start at Low Energy and switch up. Start at Momentum and slide back. Both count.

Make this easier

If a task feels too big, slide one column right. Both columns still count as the task.

TASK	EASIER	EASIEST
Clear dishes	Move 3 dishes	Move 1 dish
Wipe counter	Wipe one spot	Wipe for 10 seconds
Pick up laundry	Put 5 items in basket	Put 1 item in basket
Take out trash	Tie the bag	Put one item in the bag
Clear floor	Make one walking path	Move one object

RECOVERY

Got distracted?

You do not need to restart.

Choose one:

- Continue the reset you were doing.

- Repeat the Minimum Win.

- Do the 5 Minute Reset.

- Stop and come back later.

Getting distracted does not erase what you already did.

RESTART

Restart without shame

Some days the kit sits unused. That is fine. Restarting takes 30 seconds.

You do not need to catch up.

Pick today's reset.

Choose one visible win.

Restarting counts.

REMINDER

The kit is for the days you use it. There is no streak to protect. The next reset is the only one that matters.

PERMISSION

Stop here

Any one of these is a valid reason to stop today. Stopping is not quitting.

- Stop if the Minimum Win is done.

- Stop if the room is usable.

- Stop if you are getting irritable.

- Stop if you are starting a new unrelated project.

- Stop if you have been cleaning longer than planned.

RESET

5 Minute Reset

START HERE

Stand where the mess is. Pick the loudest spot.

MINIMUM WIN

One visible improvement counts.

- Pick up trash

- Clear one surface

- Gather dishes

- Put away five items

- Take a break

STOP HERE

Stop at 5 minutes. The timer is the boss.

RESET

Kitchen Reset

START HERE

Stand in the kitchen doorway. Pick the loudest mess. That is where you start.

MINIMUM WIN

The first 3 tasks count as today's reset. If that is all you do, the kitchen is already calmer.

LOW ENERGY

- Move 3 dishes to the sink (the obvious ones)
- Throw away visible trash from the counter
- Wipe one counter corner with whatever cloth is nearby
- Put one piece of food back where it lives
- Open the dishwasher and see what is inside
- Sit down for 30 seconds. You earned it.

NORMAL

- Clear visible dishes to the sink or the dishwasher
- Throw away visible trash and replace the bag if needed
- Wipe the main counter (start with the loudest one)
- Put food back where it lives (cabinet, fridge, pantry)
- Clear the sink (run the dishwasher or stack handwash)
- Wipe the stovetop with a damp paper towel
- Sweep visible crumbs off the floor
- Replace the dish towel if it is wet or dirty
- Take out the trash

MOMENTUM

- Clear all visible dishes to the sink or the dishwasher
- Throw away visible trash and replace the bag
- Wipe both counters end to end
- Put food back where it lives (cabinet, fridge, pantry)
- Clear the sink completely (run the dishwasher or finish handwash)
- Wipe the stovetop
- Wipe the inside of the microwave
- Wipe the fridge handle and the front door
- Sweep or vacuum the kitchen floor
- Empty the dish drying rack
- Wipe the coffee maker or kettle
- Replace the dish towel
- Take out the trash and the recycling

STOP HERE

CleanWithADHD.com

Stop when the sink is workable and one counter is usable again.

Bathroom Reset

START HERE

Throw away one piece of bathroom trash. That is the first task. The sink wipe is next.

MINIMUM WIN

The first 3 tasks count as today's reset. Wiping the sink alone changes how the bathroom feels.

LOW ENERGY

- Throw away visible trash (tissues, packaging, hair)

- Wipe the sink with whatever is closest

- Hang the towel straight (or grab a fresh one)

- Put one item where it belongs (shampoo back on the shelf, etc.)

- Restock toilet paper visibly on the back of the toilet

NORMAL

- Throw away visible trash and replace the bag if needed

- Clear the counter (cups, makeup, hair products that do not live here)

- Wipe the sink with a wipe or damp paper towel

- Wipe the mirror with a dry microfiber (or paper towel)

- Quick toilet wipe (rim, seat, handle, ten seconds)

- Restock toilet paper (extra roll visible)

- Replace or rehang the towel

- Sweep the floor (or shake the bath mat)

- Refill the hand soap if low

MOMENTUM

- Throw away visible trash and replace the bag

- Clear the counter completely

- Wipe the sink and the faucet

- Wipe the mirror with glass cleaner if you have it

- Clean the toilet (rim, seat, handle, base, brush if needed)

- Restock toilet paper and put one extra under the sink

- Replace the towel and the hand towel

- Wipe the shower handles and the soap dish

- Refill hand soap, shampoo, and conditioner

- Wipe the light switch and the doorknob

- Sweep the floor and wipe one stain spot if you see one

- Run a quick wipe along the tile or baseboard

Laundry Reset

START HERE

Open the washer or the dryer. That single move is the first task. Everything else is easier once you see what is in there.

MINIMUM WIN

Gathering and starting one load counts. The fold and the put-away can wait for the next day.

LOW ENERGY

- Gather visible loose clothes into one pile (skip sorting)

- Carry the pile to the washer if you have energy, otherwise leave it

- Move one load from the washer to the dryer (if there is one waiting)

- Clear the lint trap (this is the easiest one if you can stand)

- Sit down. You moved fabric around. That counts.

NORMAL

- Gather laundry from the bedroom floor into one basket

- Sort lights and darks if you sort (skip if you do not)

- Start one load (detergent, button, done)

- Set a phone timer for forty minutes

- Move the wet load to the dryer when the timer fires

- Clear the lint trap before you start the dryer

- Fold five items as soon as the dryer stops

- Put away one stack of clothes

- Hang the wrinkle-sensitive items immediately

MOMENTUM

- Gather laundry from every room (bedrooms, bathroom, by the couch)

- Sort lights and darks

- Start the first load

- Set a phone timer for forty minutes

- Move the first load to the dryer

- Clear the lint trap

- Start a second load while the first one is in the dryer

- Fold the first dryer load (set a 5-minute timer)

- Put away one stack of clothes (jeans, shirts, or socks)

- Hang up three things that should not be folded

- Wipe the top of the washer and dryer

- Take towels to the bathroom or the linen closet

STOP HERE

Stop when one load is moving and one pile is gone.

RESET

Bedroom Reset

START HERE

Pull the blanket up over the bed. That is the first task. Everything else gets easier after that one.

MINIMUM WIN

The first 3 tasks count as today's reset. The bed alone changes how the room feels.

LOW ENERGY

- Pull the blanket up over the bed (do not make it perfect)
- Gather visible laundry into one pile near the door
- Put cups and dishes from the nightstand into one pile to carry out
- Throw away the closest piece of trash
- Open the curtains for light (or close them if it is bedtime)

NORMAL

- Make the bed (blanket, pillows, throw if you have one)
- Gather laundry into one pile near the door
- Take out trash and recycling
- Clear the nightstand (cups go to the kitchen, chargers stay)
- Put shoes on the shoe pile, not the floor
- Open the curtains for light
- Clear a walking path from bed to door
- Put 5 floor items where they actually belong
- Wipe the nightstand surface

MOMENTUM

- Make the bed
- Gather laundry into one pile (or directly into the basket)
- Take out trash and recycling
- Clear the nightstand and wipe it down
- Put shoes away (shoe pile or closet)
- Open the curtains
- Clear the walking path
- Put 10 floor items where they belong
- Hang up or fold the closest clothes pile
- Dust one shelf or the dresser top
- Wipe the doorknob and the light switch
- Change the sheets if today is sheet day
- Vacuum the visible floor

STOP HERE

Stop when the bed is usable and the path to the door is clear.

Living Room Reset

START HERE

Stand at the doorway and pick the mess that is most visible from there. That is where you start.

MINIMUM WIN

Clear one sitting spot, one surface, and one floor path. That is enough for today.

LOW ENERGY

- Pull the couch blanket flat

- Stack the couch pillows together

- Carry dishes and cups from the coffee table to the sink

- Throw away visible trash (wrappers, receipts, packaging)

- Move 5 items off the coffee table to where they belong

- Sit down for 30 seconds. The room shifted. That counts.

NORMAL

- Clear cups and dishes from the coffee table and side tables

- Throw away visible trash and put the bag in the bin

- Couch reset (blanket flat, pillows stacked, throw folded)

- Move shoes to the shoe pile, not the floor

- Clear the coffee table to just the things that live there

- Put 5 floor items where they actually belong

- Clear the walking path between the couch and the door

- Turn on a lamp for warmer light

- Open a window for 30 seconds so the air shifts

MOMENTUM

- Carry all dishes and cups to the sink

- Throw away visible trash and replace the bag

- Couch reset (blanket flat, pillows stacked, throw folded)

- Clear the coffee table to just the things that live there

- Wipe the coffee table with a dry cloth or wipe

- Move shoes to the shoe pile or closet

- Put 10 floor items where they live

- Sweep or vacuum the high-traffic floor strip

- Dust the TV stand or the closest shelf with a dry cloth

- Straighten the rug if it is bunched

- Coil the visible cable or charger mess

- Wipe the light switch and the closest doorknob

- Turn on a lamp and light a candle for the smell

Trash and Dishes Reset

START HERE

Only look for trash and dishes. Ignore everything else on purpose.

MINIMUM WIN

Trash bag started, dishes gathered, and one surface cleared enough to use.

LOW ENERGY

- Grab one trash bag and put it next to where you are sitting

- Throw 10 pieces of visible trash into the bag without standing up much

- Stack visible cups and dishes near the kitchen sink (do not wash them)

- Clear one small surface enough to set a cup or plate on it

- Throw away one old food item from the fridge front or the counter

- Sit down. The two loudest mess types just got quieter.

NORMAL

- Carry one trash bag through the kitchen, living room, and bedroom for visible trash

- Move visible dishes and cups from every room to the kitchen sink

- Sort the sink (dishwasher load or stack for handwash, no washing required)

- Toss old food from the counter or the fridge front shelf

- Wipe one kitchen counter corner so the visible space looks better

- Replace the kitchen trash bag if it is full

- Take the trash bag to the outside bin

- Refill the kitchen trash bag

- Stop before you start organizing anything else

MOMENTUM

- Walk one trash bag through every main room for visible trash

- Move all visible dishes and cups from every room to the sink

- Run the dishwasher if it is mostly full

- Start one batch of obvious handwash dishes (skip the deep-clean items)

- Toss old food from the fridge front and the counter

- Wipe the kitchen counter end to end

- Wipe the sink and the faucet after the dishes are in

- Replace the kitchen trash bag and the bathroom trash bag if needed

- Take the trash and the recycling to the outside bin

- Refill bags in the kitchen and the bathroom bins

- Carry an empty bin or hamper back to where it lives

- Wipe the dish drying rack or set out a clean dish towel

- Stop before you start

RESET

Desk or entryway reset

START HERE

Pick desk or entryway. Just one. Stand at it.

MINIMUM WIN

Clear the loudest pile and one surface spot.

LOW ENERGY

- Move 3 papers into one stack.
- Move 3 objects back where they live.
- Drop trash in the bag.

NORMAL

- Clear one surface end to end.
- Put papers in one stack to sort later.
- Return objects to where they live.
- Wipe the cleared spot.
- Drop trash in the bag.

MOMENTUM

- Clear the whole surface.
- Sort papers into keep, file, recycle.
- Return objects to where they live.
- Wipe the surface end to end.
- Tidy chair and floor around the surface.
- Drop trash in the bag and start a fresh one.

STOP HERE

Stop when the surface is usable and the loudest pile is gone.

5-Minute Reset Cards

Six tiny resets you can run anywhere. Three steps each. The five minute mark is the win.

KITCHEN

- Move dishes to the sink.

- Clear one counter spot.

- Tie the trash bag.

BATHROOM

- Wipe the sink with whatever is nearby.

- Refill toilet paper if low.

- Hang or swap one towel.

BEDROOM

- Make the bed.

- Pick up one armful of laundry.

- Clear the nightstand top.

LAUNDRY

- Start one load.

- Fold 5 items.

- Put 5 items away.

TRASH

- Tie the kitchen bag.

- Replace it with a fresh one.

- Take one bag to the outside bin.

FLOORS

- Pick up 10 things.

- Sweep one walking path.

- Stop.

PERMISSION

Pick one. Run it once. Stop at 5 minutes. Anything past that is a bonus.

Low Energy Reset

A universal reset for the days you are not standing for long. Works in any room.

- Sit down near the mess.

- Pick one visible item.

- Move one dish, one trash item, or one clothing item.

- Do not sort sentimental items.

- Stop after 5 minutes.

STOP HERE

The 5 minute mark is the win. Anything past that is a bonus.

PLAN

Weekly Reset Plan

Pick the option that fits the week you are actually having.

2 DAY OPTION

Day 1: Kitchen

Day 2: Laundry

3 DAY OPTION

Day 1: Kitchen

Day 2: Bathroom

Day 3: Laundry

5 DAY OPTION

Day 1: Kitchen

Day 2: Bathroom

Day 3: Laundry

Day 4: Bedroom

Day 5: Living Room

OFF-TRACK RECOVERY

Missed a day? Do not double tomorrow. Pick the next reset and keep going.

PICK A FEW

Daily Reset Menu

Pick 3 to 5 if you have energy. Pick 1 if today is hard. The goal is not a perfect house. The goal is one visible win.

CHOOSE ANY OF THESE

Make the bed

Empty trash

Do dishes

Wipe kitchen counters

Sweep the kitchen floor

Do 1 load of laundry

Sanitize high-touch surfaces

Sort mail or paper clutter

Sweep or vacuum one floor area

Pick up 10 things

PERMISSION

One visible win is a finished day. You do not need to do all of them.

LOOSE RHYTHM

Simple Weekly Cleanup Rhythm

Use this as a loose weekly rhythm, not a rule. Move days around as needed.

DAY	FOCUS
Monday	Trash, dishes, and counters
Tuesday	Laundry reset
Wednesday	Bathroom reset
Thursday	Floors and surfaces
Friday	Bedroom reset
Saturday	Paper, mail, and clutter
Sunday	Easy reset and plan the week

MOVE DAYS AROUND

Skip, swap, or stack days. The rhythm bends to your week, not the other way around.

Doom pile holding

The doom pile is not today's problem. Use this short helper to make it safe to walk past, then move on.

- Remove trash.

- Remove dishes.

- Remove laundry.

- Put papers in one stack.

- Put unknown items in one container.

- Label it: not today.

NOTE

For the full guided Doom Pile Reset, use the phone version at CleanWithADHD.com.

ABOUT 30 MINUTES

Company coming reset

About 30 minutes, in calm order. Top to bottom is fine. Skip any area that does not apply.

BATHROOM

- Wipe the sink and mirror.
- Stash counter clutter in a drawer.
- Set out a fresh towel.

TRASH

- Tie the kitchen bag and replace it.
- Quick scan for visible trash in other rooms.

DISHES

- Move dishes to the dishwasher or sink.
- Wipe one counter end to end.

VISIBLE SURFACES

- Coffee table, kitchen island, entry table.
- One pass with a damp cloth.

FLOORS

- Clear walking paths.
- Quick sweep or vacuum of the main room.

ENTRYWAY

- Shoes lined up.
- Coats hung or stashed.
- Mat straightened.

CLOSE DOORS

- Close any door to a room you are not cleaning.
- Out of sight is fine today.

PERMISSION

Skip any area that does not apply. Close doors to rooms you are not cleaning. Done is when guests can sit and use the bathroom.

TRACKER

7-Day Reset tracker

One row per day for a week. Skipped days are fine. Fill in only what you did.

DAY	DATE	RESET USED	MINIMUM WIN DONE?
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

REMINDER

A row counts even if it just says "Minimum Win done."

TRACKER

Weekly rhythm tracker

A printable version of the Simple Weekly Cleanup Rhythm. Use it loosely. Move days around as needed.

DAY	FOCUS	DONE?	NOTES
Monday	Trash, dishes, and counters		
Tuesday	Laundry reset		
Wednesday	Bathroom reset		
Thursday	Floors and surfaces		
Friday	Bedroom reset		
Saturday	Paper, mail, and clutter		
Sunday	Easy reset and plan the week		

PERMISSION

Skip, swap, or stack days. The rhythm bends to your week.

Room reset tracker

Track when each room got its last reset so you can pick the next one without overthinking.

ROOM	LAST RESET	NEXT RESET	NOTES
Kitchen			
Bathroom			
Bedroom			
Laundry			
Living room			
Trash and dishes			
Desk or entryway			

Notes

A blank page. Use it however helps. Lists, doodles, reminders, permission slips. No rules.

A large, empty rectangular area with rounded corners and horizontal lines, intended for writing notes. The lines are evenly spaced and extend across the width of the page, providing a guide for writing.

Reset tracker

Track what you actually did, not what you should have done.

DATE	RESET USED	MINIMUM WIN DONE?	WHAT CHANGED?

FROM THE TEAM

You do not need a perfect house to restart.

Use the phone version when you want Guided Mode, Make This Easier, I Got Distracted recovery, Comeback Mode, Reset Finder, and Weekly Reset Builder.

Start the Free 7-Day Reset at CleanWithADHD.com