

# ADHD Cleaning Reset Checklist

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.

## START HERE

If you do nothing else, pick one.

- Empty trash
- Do dishes
- Wipe one counter
- Pick up 10 things
- Start one load of laundry

## START BY MESS TYPE

Pick the loudest mess.

- Trash** → Grab a trash bag
- Dishes** → Clear the sink
- Clothes** → Start one laundry basket
- Paper** → Make one stack
- Floor clutter** → Pick up 10 things
- Smell** → Trash, dishes, laundry

## DAILY RESET MENU

Pick a few. Skip the rest.

Circle or check a few. You do not need to finish the whole list.

- 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

## ROOM RESET CARDS

A tiny start per room.

### KITCHEN

- Clear counter
- Load dishes
- Wipe sink

### BATHROOM

- Trash
- Sink
- Toilet

### BEDROOM

- Make bed
- Clothes in basket
- Clear one surface

### LAUNDRY

- Start load
- Move load
- Put away 5 items

## DONE FOR NOW

- I did one visible thing
- I can stop here
- I can restart later

Today's one win: \_\_\_\_\_