

NEURODIVERGENT  
FRIENDLY



# ADHD Cleaning Scheduling Pack

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# WELCOME

CLEANING CAN FEEL OVERWHELMING WHEN YOUR BRAIN DOES NOT KNOW WHERE TO START, HOW LONG SOMETHING WILL TAKE, OR WHAT MATTERS MOST.

THIS PACK IS DESIGNED TO HELP YOU:

- START WITHOUT OVERTHINKING
- CLEAN IN SHORT, MANAGEABLE BURSTS
- FOCUS ON WHAT MAKES THE BIGGEST DIFFERENCE
- BUILD ROUTINES THAT WORK IN REAL LIFE
- LET GO OF PERFECTION

DONE IS BETTER THAN PERFECT. SMALL RESETS COUNT.

# HOW TO USE THIS PACK

USE THIS PACK IN THE WAY THAT WORKS BEST FOR YOU.

YOU CAN:

- FOLLOW THE DAILY SCHEDULE FOR SIMPLE MAINTENANCE
- USE THE ROOM CHECKLISTS WHEN A SPACE FEELS OUT OF CONTROL
- DO A 10-MINUTE RESET WHEN YOU ARE LOW ON ENERGY
- USE THE WEEKLY PLAN TO KEEP THINGS FROM PILING UP
- CHOOSE THE EMERGENCY RESET PAGES ON HARD DAYS

BEST ADHD TIP:

PICK ONE PAGE AND USE ONLY THAT PAGE TODAY.

## MY ADHD CLEANING RULES

- I DO NOT NEED TO FINISH EVERYTHING.
- I ONLY NEED TO START.
- TEN MINUTES IS ENOUGH TO MAKE PROGRESS.
- I CAN CLEAN IN CATEGORIES, NOT PERFECTION.
- I CAN STOP WHEN I HAVE DONE MY PLANNED TASK.
- A RESET IS STILL SUCCESS.

# MY CLEANING BASKET

## BASIC SUPPLIES

- ALL-PURPOSE SPRAY
- DISINFECTING WIPES
- MICROFIBER CLOTHS
- TRASH BAGS
- PAPER TOWELS
- SMALL VACUUM OR BROOM
- LAUNDRY BASKET
- TIMER
- GLOVES

## OPTIONAL ADHD HELPERS

- HEADPHONES
- BODY DOUBLE OR ACCOUNTABILITY BUDDY
- VISUAL CHECKLIST
- REWARD SNACK OR DRINK
- BEFORE-AND-AFTER PHOTO

## 5-Step Start Routine

- Put on music, a podcast, or a timer.
- Open a window or turn on a light.
- Grab your cleaning basket.
- Choose one room or one category.
- Set a timer for 10, 15, or 20 minutes.

I am not cleaning everything. I am just doing one reset.

# Daily Non-Negotiables

Choose 3 to 5 each day:

- make bed
- dishes or dishwasher reset
- wipe kitchen counters
- throw away trash
- one load of laundry or put away clothes
- 10-minute floor pickup
- bathroom quick wipe
- reset living room surfaces

## Morning Reset

- make bed
- open curtains or blinds
- put dirty clothes in hamper
- clear nightstand or bedroom surface
- start dishwasher or wash a few dishes
- wipe bathroom sink
- throw away visible trash

Goal: Start the day with one calm, functional space

## Evening Reset

- put dishes in sink or dishwasher
- wipe kitchen counters
- pick up living room clutter
- put shoes, bags, and jackets away
- set out tomorrow's essentials
- quick bathroom reset
- start laundry if needed

Goal: Make tomorrow easier.

## 10-Minute Reset

Set a timer and do these in order:

- Throw away trash
- Gather dishes
- Put dirty laundry in hamper
- Put obvious items back in their homes
- Wipe one surface
- Sweep or vacuum one visible area

Stop when the timer ends unless you want to continue.

## 15-Minute Reset

- 3 minutes trash
- 3 minutes dishes
- 3 minutes laundry pickup
- 3 minutes surfaces
- 3 minutes floor reset

## 20-Minute Reset

- 5 minutes declutter visible items
  - 5 minutes clean surfaces
  - 5 minutes floor care
  - 5 minutes finishing touches
- Finishing touches ideas:
    - fluff pillows
    - put blanket back
    - clear entryway
    - empty small trash bin
    - light a candle

# WEEKLY PLAN OVERVIEW

## Simple Weekly Plan

- Monday: Kitchen
- Tuesday: Bathroom
- Wednesday: Laundry
- Thursday: Bedroom
- Friday: Living Room
- Saturday: Catch-Up or Deep Reset
- Sunday: Rest and Prep

## Monday — Kitchen Reset

- unload dishwasher
- load dishes
- wipe counters
- clear table
- throw away expired food
- wipe stove
- sweep floor
- empty trash

## Tuesday — Bathroom Reset

- clear counters
- wipe mirror
- wipe sink
- clean toilet
- wipe shower or tub
- change towels
- empty trash
- sweep floor

## Wednesday — Laundry Reset

- gather dirty laundry
- sort if needed
- start one load
- move laundry to dryer
- fold or hang one load
- put away essentials first

ADHD Note:

Half-done laundry still counts as progress.

## Thursday — Bedroom Reset

- make bed
- gather dirty clothes
- put away clean clothes
- clear bedside surfaces
- pick up floor clutter
- empty trash
- quick dust
- vacuum or sweep

## Friday — Living Room Reset

- throw away trash
- gather dishes
- fold blankets
- fluff pillows
- clear coffee table
- put items back where they belong
- wipe surfaces
- vacuum or sweep

## Saturday — Catch-Up Day

Pick only what matters most:

- finish laundry
- clean out fridge
- tackle hotspot
- vacuum main spaces
- change sheets
- restock supplies
- clear entryway

# Sunday Prep

- check calendar for the week
- refill cleaning basket
- choose focus room for the week
- do a 10-minute home reset
- meal prep or kitchen prep
- set out Monday essentials

## Room Rescue in 5 Steps

- Trash
- Dishes
- Laundry
- Things that belong elsewhere
- Surfaces and floor

Use this method in any room when you feel frozen.

# Kitchen Deep Clean Extras

When you have more energy:

- wipe cabinet fronts
- clean microwave
- organize one drawer
- scrub sink
- mop floor
- toss expired pantry items

# Bathroom Deep Clean Extras

When you have more energy:

- scrub shower
- wash bath mat
- organize under sink
- clean baseboards
- restock soap and paper products

# Bedroom Deep Clean Extras

When you have more energy:

- change sheets
- dust furniture
- declutter one drawer
- rotate laundry baskets
- vacuum under bed if possible

# Living Room Deep Clean Extras

When you have more energy:

- dust electronics
- clean under couch cushions
- sort magazines or papers
- wash blankets
- tidy shelves

# My Hotspots

Write down the areas that collect clutter fastest:

- entryway
- kitchen counter
- dining table
- bedroom chair
- bathroom counter
- living room side table

## My Top 3 Hotspots to Reset Daily

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# Hard Day Cleaning Plan

On low-energy days, only do this:

- throw away trash
- move dishes to kitchen
- put laundry in hamper
- wipe one surface
- clear one path to walk safely

That is enough for today.

## 30-Minute Emergency Reset

- First 10 minutes: Trash and dishes
- Second 10 minutes: Laundry and clutter pickup
- Last 10 minutes: Surfaces and floors

Focus only on what is visible and functional.

# Visual Cue Ideas

Make cleaning easier to remember:

- leave supplies where you use them
- use open bins instead of hidden storage
- keep a laundry basket in clutter zones
- use sticky notes or whiteboards
- pair cleaning with an existing routine
- set alarms with simple labels

## After I Clean, I Can...

- have coffee or tea
- watch a favorite show
- take a shower
- sit in my reset space
- check off my tracker
- order takeout guilt-free
- do a hobby I enjoy

Rewards help your brain come back next time.



## Once a Month

- clean out fridge
- wash bedding
- declutter one drawer or shelf
- wipe doors and switches
- sort donation items
- check cleaning supplies
- vacuum under furniture

# My Personalized Cleaning Plan

## My Best Cleaning Times

Morning: \_\_\_\_\_

Afternoon: \_\_\_\_\_

Evening: \_\_\_\_\_

## My Best Cleaning Length

10 minutes / 15 minutes / 20 minutes / body doubling / power hour

## My Easiest Tasks

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## My Most Avoided Tasks

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## Read This When You Feel Behind

- A messy space does not mean you are lazy.
- It means life has been a lot.
- You do not need to catch up all at once.
- You only need one small step.
- Every reset makes your space kinder to live in.

You are allowed to clean gently.

Small steps still create a peaceful home.

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