The ADHD Home Reset Planner

Clean Enough

Pre-written 5- and 10-minute tasks for every room and every energy level.

I've got real energy
Deep Clean: one room, in 10-minute blocks

Someone's coming over
Guests in 1 Hour: a timed plan

I have a little in me
Everyday: 10-minute resets

Almost nothing left
Low Battery: 5-minute tasks

82 undated pages. Print it, or write on it with a tablet.

How much is in the tank right now?

Pick the line that sounds like you. Tap it on a tablet, or turn to the page.

I've got real energy
Deep Clean: one room, in 10-minute blocks
p. 18

Someone's coming over
Guests in 1 Hour: a timed plan
p. 15

I have a little in me
Everyday: 10-minute resets
p. 10

Almost nothing left
Low Battery: 5-minute tasks
p. 7

There's a pile I can't face
The Doom Pile Method
p. 28

I haven't opened this in a while
Welcome Back
p. 76



Low Battery

For the days when everything feels heavy.

Every task here takes 5 minutes or less, and a lot of them can be done sitting down. Pick the one that feels smallest, set a timer, and check the box. In Low Battery mode, one task is a full day's win.

Anywhere

- [ ] Fill one grocery bag with trash — 5 min
- [ ] Gather every cup and glass in this room and take them to the sink — 3 min
- [ ] Put all the clothes on the floor into one basket. No folding. — 3 min
- [ ] Clear one chair so someone can sit on it — 3 min
- [ ] Wipe one surface with a disinfecting wipe — 2 min
- [ ] Open a window or the curtains — 1 min
- [ ] Put 10 things back where they live — 5 min

Bedroom

- [ ] Pull the comforter up. That counts as making the bed. — 1 min
- [ ] Dirty clothes off the floor and into the hamper — 4 min
- [ ] Clear cups, wrappers and tissues off the nightstand — 3 min

Day _____ Date _____

Energy today — Low Battery | Everyday | Guests in 1 Hour | Deep Clean

My one task today

☐ _____ min _____

Done or half done, check the box.

If I have more in me

☐ _____ __ min

☐ _____ __ min

Morning

- ☐ Pull the comforter up
- ☐ Last night's dishes into the dishwasher or sink
- ☐ Open the curtains or a window

Evening

- ☐ Cups and plates back to the kitchen
- ☐ Clear one counter for tomorrow
- ☐ Keys, bag and shoes by the door

Brain dump

Stuff you noticed that needs doing. Write it here so you can stop thinking about it.

Today counted because _____

One task counts.