

a fun workbook for a tidy  
house and clear mind

# ADHD CLEANING CRUSADE



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This workbook provides a variety of tools designed to help you manage your cleaning tasks while gaining a better understanding of how your ADHD might impact your cleaning routine.

## GETTING STARTED



### HOW TO USE THIS WORKBOOK?

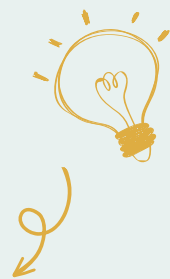
Because everyone with ADHD has their own unique approach, their cleaning methods can differ greatly. This resource is crafted with ADHD in mind, offering flexibility so you can tailor a cleaning routine that aligns with your individual needs and lifestyle.

#### DAILY TASKS

	M	T	W	T	F	S	S
take out the trash			✓				
make your bed				✓			



This workbook is full of advice and tools specifically aimed at cleaning with ADHD, including pre-made schedules to kickstart your new routine. We encourage you to explore these schedules and experiment until you find a method that suits your style.



## UNDERSTANDING THE CHALLENGES of Cleaning



### WHY IS IT SO DIFFICULT TO CLEAN WITH ADHD?

For those with ADHD, cleaning can be especially challenging. Here's a look at some of the reasons why:

Distractibility: It's easy to get distracted by things that seem more engaging. You might begin looking up the best way to fold clothes and, before you know it, an hour has flown by.

Poor organization skills: Dealing with ADHD can make it difficult to sort out your thoughts, let alone organize your surroundings. As a result, facing a messy room can feel both daunting and disorienting.

Difficulty with prioritizing: With ADHD, figuring out which task to tackle first can be tricky. You might begin cleaning your bedroom, get sidetracked by the mess in the kitchen, and suddenly find yourself dusting the ceiling fan instead.

Time blindness: Managing time and accurately gauging how long tasks will take can be a common struggle for those with ADHD. You might plan to spend an hour tidying up your living room, only to find yourself stuck in the same spot three hours later.

This workbook is crafted to help you conquer these obstacles and reach a clutter-free home and a peaceful mind. It's packed with enjoyable exercises and useful tips to keep you focused and inspired throughout your cleaning routine.

We'll help you build a cleaning schedule that suits your needs, with plenty of breaks to prevent burnout. You'll also learn to break down big chores into smaller, more manageable steps, so you won't feel overwhelmed.

Plus, we'll show you creative ways to make cleaning more enjoyable, like turning it into a fun challenge or listening to your favorite tunes while you tidy up.

By the end of this workbook, you'll be a cleaning pro, equipped with the motivation and strategies to handle any mess that comes your way. So let's dive in and transform chaos into a clean, organized space that brings clarity and calm!

# HOW THE ENVIRONMENT

Affects Your Well-being



DID YOU KNOW YOUR SURROUNDINGS CAN  
SIGNIFICANTLY IMPACT YOUR MENTAL WELL-BEING?

The way your home or workspace is arranged can directly impact your mood, stress levels, and ability to concentrate. Here's how your environment can affect your mental health:

- Clutter: A messy space can contribute to feelings of overwhelm and anxiety, making it difficult to stay focused or get things done. If you have ADHD, tidying up your environment might help you feel more at ease and in control.
- Lighting: Bright, natural light can boost your mood and energy. On the flip side, dim or harsh lighting can leave you feeling drained or irritable. Whenever possible, maximize natural light in your space during the day.
- Colors: The colors in your environment can influence how you feel. For instance, blue tends to have a calming effect, while red can be invigorating. Consider how you want to feel in a particular area and choose colors that reflect that vibe.
- Noise: Excessive noise can be distracting and stressful. If you need to focus, try to work in a quiet area or use noise-canceling headphones.

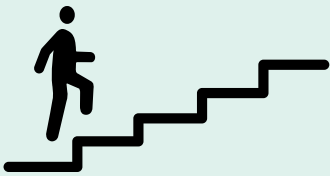
By being mindful of these elements, you can design a space that nurtures your mental health and supports better focus and productivity. While keeping your space clean is a crucial part of maintaining a positive environment, it's also important to recognize the overall impact your surroundings have on your mental well-being.



# tips to help you find your cleaning rhythm

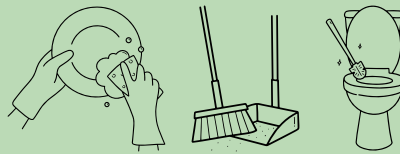
## Take It Step by Step

Rather than attempting to clean your whole house at once, divide your tasks into smaller, more manageable pieces. Concentrate on tidying up one room or section at a time, and be sure to take breaks in between to avoid feeling overwhelmed.



## Find your routine

Establish a cleaning routine and follow it consistently. This will help you stay organized and avoid feeling stressed by the volume of cleaning tasks that need to be completed.



## Use a timer

Set a timer for a set period, such as 15-20 minutes, and dedicate that time solely to cleaning. This approach keeps you focused on the task and minimizes distractions.



## Boost Your Focus by Waking Up Earlier

When we first wake up, it's common to feel sluggish and unfocused because our brain takes time to fully wake up. Getting up earlier can help you stay more alert and maintain better focus throughout the day..



## Celebrate Your Wins

Reward Yourself after completing tasks or reaching milestones. This can help boost motivation and make cleaning or other chores feel more rewarding. By acknowledging your progress with a reward, you're more likely to stay focused and maintain momentum.



## Turn It Into a Game

Play some music or a podcast while you tidy up to make the task more enjoyable. You can also turn it into a fun challenge by timing yourself to see how much you can accomplish within a set period.





# TASK TRACKER: YOUR CLEANING CHECKLIST

## KITCHEN & DINING AREA

- ☐ Clean countertops
- ☐ Wipe down cabinets and drawers
- ☐ Clean sink and faucet
- ☐ Stove: clean top, front, and inside
- ☐ Oven: clean inside and outside
- ☐ Microwave: clean inside and outside
- ☐ Refrigerator: clean outside and inside
- ☐ Dishwasher: clean outside and inside
- ☐ Sweep and mop floor

## LIVING ROOM

- ☐ Dust surfaces (tables, shelves, etc.)
- ☐ Vacuum or sweep floors
- ☐ Clean windowsills
- ☐ Dust blinds or curtains
- ☐ Dust light fixtures
- ☐ Clean baseboards
- ☐ Vacuum upholstery (sofas, chairs)
- ☐ Clean ceiling fans
- ☐ Fluff and arrange cushions

## MASTER BATHROOM

- ☐ Clean toilets (including bowl, seat and base)
- ☐ Scrub shower/tub (including tiles, grout, and showerhead)
- ☐ Clean sink and faucet
- ☐ Wipe down mirrors
- ☐ Clean light fixtures
- ☐ Clean counters, cabinets
- ☐ Sweep and mop floor
- ☐ Check exhaust fan
- ☐ Clean walls and baseboards
- ☐ Empty trash can
- ☐ Change towels

## MASTER BEDROOM

- ☐ Dust surfaces
- ☐ Vacuum or sweep floors
- ☐ Clean baseboards
- ☐ Dust blinds or curtains
- ☐ Make bed

## LAUNDRY 1/2

- ☐ Clean washer and dryer
- ☐ Vacuum or sweep floors
- ☐ Organize and straighten items





## TASK TRACKER: YOUR CLEANING CHECKLIST

### LAUNDRY 2/2

- ☐ Clean countertops
- ☐ Wipe down cabinets and drawers
- ☐ Clean sink and faucet
- ☐ Check and refill laundry supplies
- ☐ Empty trash can and replace the bag

### HOME OFFICE

- ☐ Dust surfaces (tables, shelves, etc.)
- ☐ Vacuum or sweep floors
- ☐ Clean windowsills
- ☐ Dust blinds or curtains
- ☐ Clean baseboards

### BATHROOM

- ☐ Clean toilets (including bowl, seat, and base)
- ☐ Scrub shower/tub (including tiles, grout, and showerhead)
- ☐ Clean sink and faucet
- ☐ Wipe down mirrors
- ☐ Sweep and mop floor

### MISCELLANEOUS

- ☐ Clean windows and window tracks
- ☐ Dust light fixtures
- ☐ Clean door knobs and switch plates
- ☐ Vacuum carpets and rugs
- ☐ Dust and clean electronics
- ☐ Dust decorative items

### FINAL CHECK

- ☐ Check all rooms for missed spots
- ☐ Ensure that all trash has been removed from the premises
- ☐ Confirm that all appliances and fixtures are in their original place



Cleaning with ADHD is more like a long-distance race than a quick dash. Remember to pace yourself, take breaks, treat yourself for progress, and keep pushing forward without giving up.

REMEMBER! →



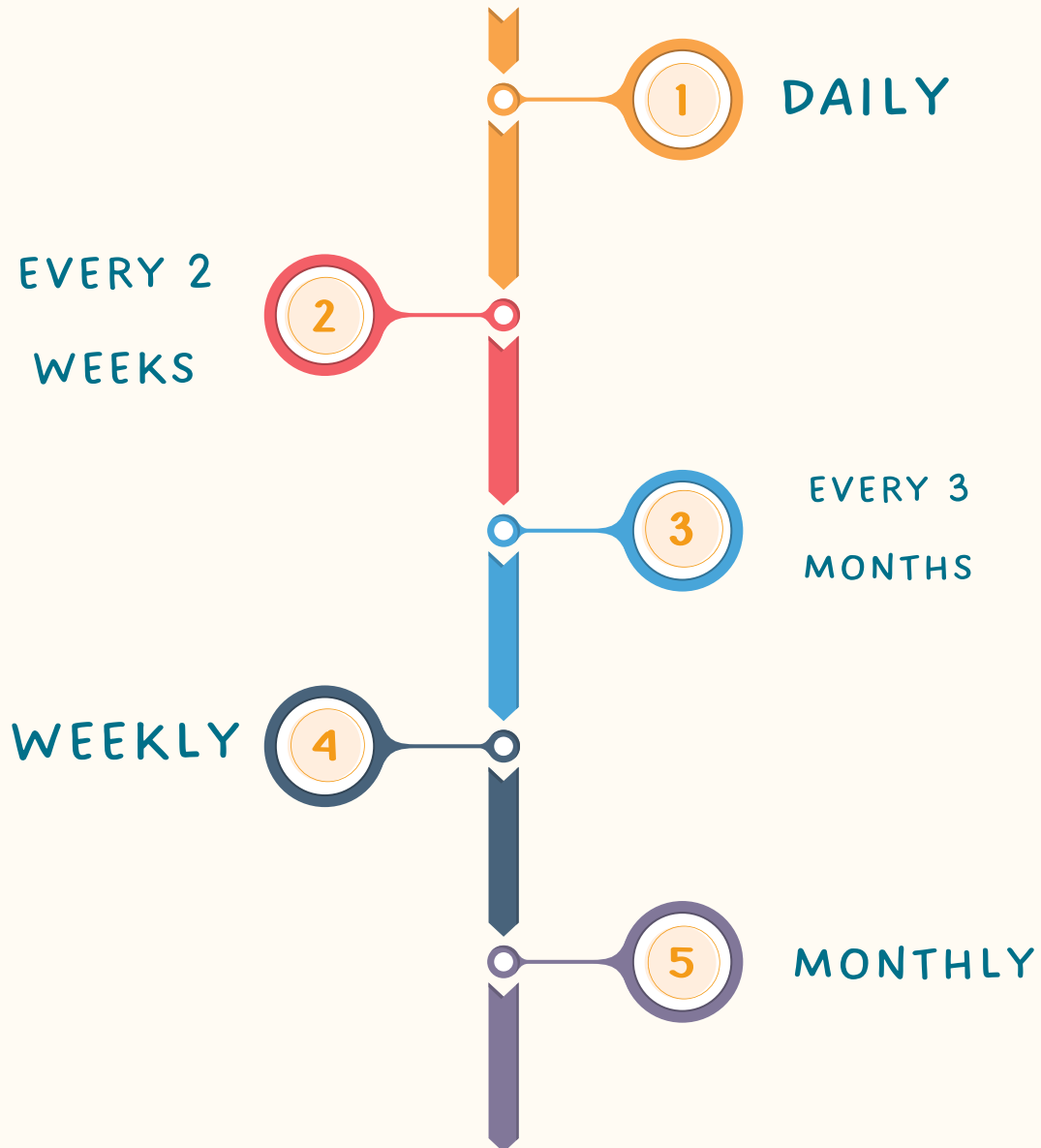


# LIST OF CLEANING TASKS





# LIST OF CLEANING TASKS



# WEEKLY CLEANING PLAN



## MONDAY

- ☐ CLEAN THE BATHROOM SINK AND COUNTERTOP
- ☐ VACUUM THE LIVING ROOM
- ☐ CHANGE THE TOWELS
- ☐ TAKE OUT TRASH
- ☐

## TUESDAY

- ☐ WIPE DOWN THE KITCHEN COUNTERS
- ☐ SWEEP THE KITCHEN FLOOR
- ☐ SORT THROUGH A SMALL PILE OF PAPERS OR CLUTTER
- ☐ WIPE DOWN THE FRIDGE
- ☐

## WEDNESDAY

- ☐ DUST THE BEDROOM
- ☐ DO A LOAD OF LAUNDRY
- ☐ CLEAN THE TOILET
- ☐
- ☐
- ☐

## THURSDAY

- ☐ WIPE DOWN THE BATHROOM MIRROR AND FIXTURES
- ☐ SWEEP OR MOP THE ENTRYWAY
- ☐ PUT AWAY ANY LINGERING CLUTTER OR DISHES
- ☐

## FRIDAY

- ☐ WIPE DOWN THE STOVETOP AND OVEN
- ☐ TIDY UP THE LIVING ROOM
- ☐ VACUUM OR SWEEP THE BEDROOM FLOOR
- ☐

## SATURDAY

- ☐ CLEAN THE SHOWER
- ☐ DUST THE LIVING ROOM
- ☐ ORGANIZE A BOOKSHELF OR CLOSET
- ☐

## DAILY TASKS

- ☐ TAKE OUT THE TRASH
- ☐ MAKE YOUR BED
- ☐ WASH DISHES

# WEEKLY CLEANING PLAN



## MONDAY

☐☐☐☐☐

## TUESDAY

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## WEDNESDAY

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## THURSDAY

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## FRIDAY

☐☐☐☐

## SATURDAY

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## DAILY TASKS

☐☐☐

# MONTHLY CLEANING PLAN

JAN

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DEC

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# FAMILY PLANNER

Month:

Week Of:

						To do
M O N						
T U E						
W E D						Shopping
T H U						
F R I						
S A T						Notes
S U N						

DAY

S M T W T F S

PRIORITIES

1

2

3

4



TO-DO

☐☐☐☐☐☐☐☐

# 30-DAY DECLUTTERING CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<i>Clean out your junk drawer</i>	<i>Declutter kitchen countertops</i>	<i>Organize Pots and Pans</i>	<i>Organize pantry</i>	<i>Go Through Dish Towels</i>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<i>Got through the fridge</i>	<i>Organize Nightstand</i>	<i>Get Rid of Old Socks and Underwear</i>	<i>Organize the spice rack</i>	<i>Clean out under the kitchen sink</i>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<i>Go through bathroom drawers</i>	<i>Organize your toiletries</i>	<i>Clear out your medicine cabinet</i>	<i>Declutter under the bathroom sink</i>	<i>Decor items that no longer match</i>
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<i>Old, worn-out towels and washcloths</i>	<i>Disintegrated soap bars</i>	<i>Makeup that you no longer wear</i>	<i>Sort through bedroom nightstands</i>	<i>Declutter your closet</i>
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<i>Receipts you no longer need</i>	<i>Pens and markers that are dried out</i>	<i>Organize TV remotes, DVDs, or game consoles</i>	<i>Clean out under the bed</i>	<i>Outdated technology / software</i>
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<i>Trash</i>	<i>Tidy up your desk or home office area</i>	<i>Tidy up electronics (untangle cords, discard broken items)</i>	<i>Declutter your car</i>	<i>Sort through old magazines or newspapers</i>





# CLEANING CHECKLIST

DATE: \_\_\_\_\_

No	ACTIVITIES	<input checked="" type="checkbox"/>
1	Dust all surfaces including shelves, furniture	<input type="checkbox"/>
2	Clean mirrors and glass surfaces using a glass cleaner	<input type="checkbox"/>
3	Vacuum carpets and area rugs	<input type="checkbox"/>
4	Sweep and mop hard floors	<input type="checkbox"/>
5	Clean and disinfect toilets, sinks, and showers	<input type="checkbox"/>
6	Scrub and disinfect kitchen countertops and sinks	<input type="checkbox"/>
7	Clean the kitchen appliances such as the stove, oven, fridge	<input type="checkbox"/>
8	Wipe down cabinets and drawers in the kitchen, bathroom	<input type="checkbox"/>
9	Clean and disinfect light switches, doorknobs	<input type="checkbox"/>
10	Wash and change bed linens	<input type="checkbox"/>
11	Dust blinds and window sills	<input type="checkbox"/>
12	Clean windows inside and out	<input type="checkbox"/>
13	Clean and disinfect garbage cans	<input type="checkbox"/>
14	Vacuum furniture and upholstery	<input type="checkbox"/>
15	Clean and disinfect pet areas	<input type="checkbox"/>
16	Wipe down baseboards and molding	<input type="checkbox"/>
17	Dust ceiling fans and light fixtures	<input type="checkbox"/>
18	Clean and disinfect computer keyboards and screens	<input type="checkbox"/>
19	Organize and declutter living spaces	<input type="checkbox"/>
20	Sweep and tidy outdoor areas such as porches and patios	<input type="checkbox"/>