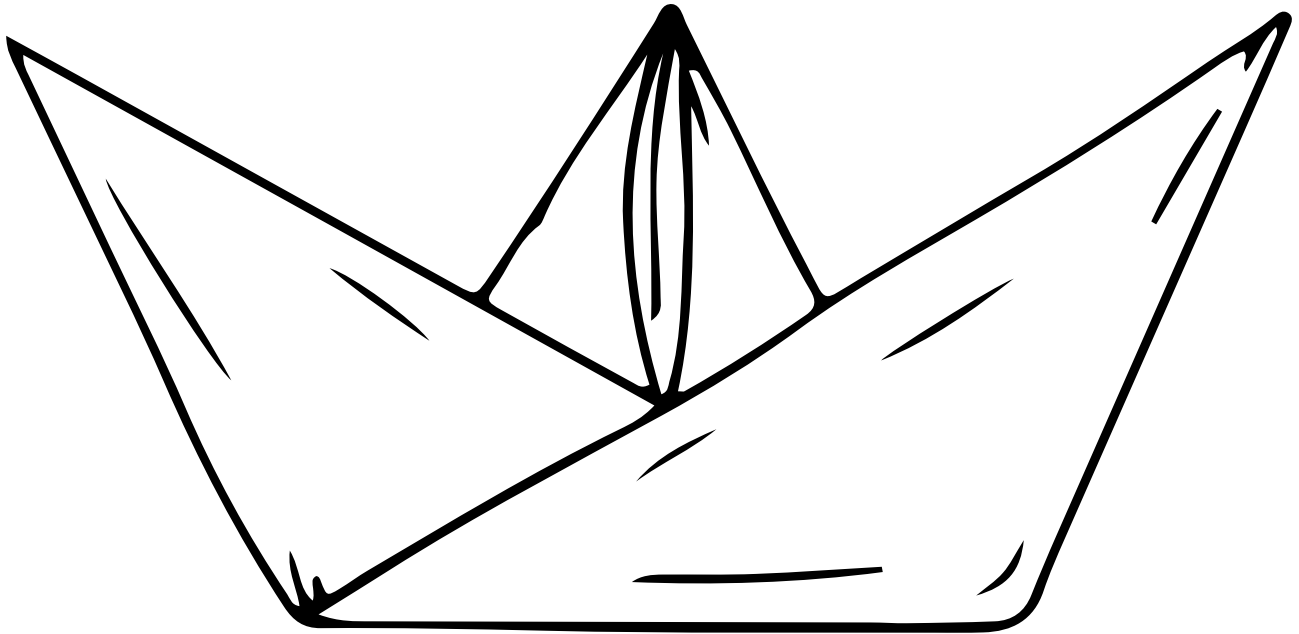


Daily Journal

ADHD-Friendly Cleaning & Decluttering Tracker



“nothing in the world can
bother you as much as your
own mind.”

-Sri Sri Ravi Shankar

Why This Journal Works for ADHD:

Short Tasks with Time Tracking: Helps break down tasks into manageable chunks and builds time awareness.

Daily Reflection: Allows you to note emotional and physical emotions and feelings.

Positive Reinforcement: Celebrates small wins and progress, no matter how small, which builds motivation.

Customization: Flexible enough to adjust based on how the you feel each day.

Date: _____

Daily Tasks

Cleaning Tasks for Today:

- Task 1: _____
- Task 2: _____
- Task 3: _____

Decluttering Tasks for Today:

- Task 1: _____
- Task 2: _____
- Task 3: _____

Date: _____

Daily Tasks

Cleaning Tasks for Today:

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- Task 2: _____
- Task 3: _____

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Daily Tasks

Cleaning Tasks for Today:

- Task 1: _____
- Task 2: _____
- Task 3: _____

Decluttering Tasks for Today:

- Task 1: _____
- Task 2: _____
- Task 3: _____

Task Timer

How much time did you spend on each task today?

Write the time next to each task

Cleaning

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Decluttering

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Task Timer

How much time did you spend on each task today?

Write the time next to each task

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Daily Reflection

How did the tasks feel today?

(Check the box that applies to each task)

Cleaning Task 1: ☐ Easy ☐ Manageable
☐ Challenging ☐ Overwhelming

Cleaning Task 2: ☐ Easy ☐ Manageable
☐ Challenging ☐ Overwhelming

Cleaning Task 3: ☐ Easy ☐ Manageable
☐ Challenging ☐ Overwhelming

Decluttering Task 1: ☐ Easy ☐ Manageable
☐ Challenging ☐ Overwhelming

Decluttering Task 2: ☐ Easy ☐ Manageable
☐ Challenging ☐ Overwhelming

Decluttering Task 3: ☐ Easy ☐ Manageable
☐ Challenging ☐ Overwhelming

Progress Tracker:

Today's Decluttered Areas:(Check off any areas you decluttered today)

- ☐ Kitchen Counter
- ☐ Living Room Coffee Table
- ☐ Bedroom Dresser
- ☐ Closet/Drawer
- ☐ Other: _____

Celebrations:

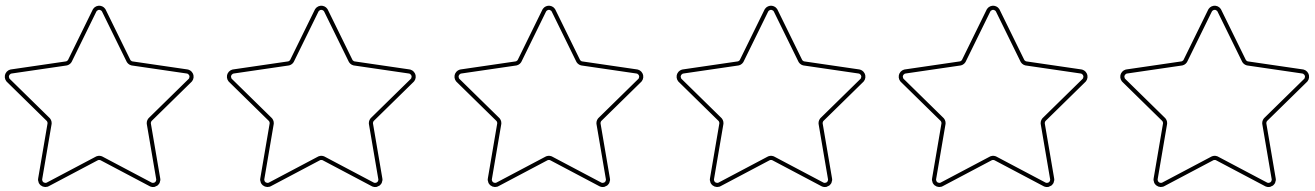
Today's Wins!

(Reward yourself by writing down what went well, no matter how small)

Streak Tracker:

(Mark off a star if you completed your cleaning & decluttering tasks today!)

track your streak!



Notes for Tomorrow:

(Write any thoughts, additional tasks, or adjustments for tomorrow's cleaning and decluttering routine.)

Reflection for the Week

At the end of each week, take a moment to reflect on the overall progress over the last 7 days. This can be a place to set new goals for the following week.

What went well this week?

What was challenging or overwhelming?

What have you learned about yourself and your cleaning habits this week?

Next week's goals or areas of focus:

extra

Task Timer

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____

Task: _____ Time: _____