

ADHD Cleaning Checklist

Designed to reduce overwhelm, build momentum, and keep tasks manageable.

Ground Rules

- One task at a time
- Use a timer for each step (10–15 min bursts)
- Use a “temporary basket” for stuff you don’t know where to put
- Don’t mind making the ground filthy in the first steps, as we end with the vacuum.

First Sweep

- Pick up trash and toss it
- Collect dirty dishes, bring to the kitchen
- Quickly wipe off surfaces
- If you’re stuck, clean just 1 square foot or 1 shelf

Kitchen

- Throw away expired food
- Rinse the dishes → only then fill the dishwasher
- Wipe the counter

Bathroom

- Wipe sink + faucet
- Change hand towel
- Swish toilet with brush
- Apply toilet bleach around the inside rim of the bowl and let it sit

Bedroom

- Make bed
- Collect clothes and separate clean from filthy
- Put the filthy clothes in the laundry basket and hang clean clothes on the dedicated chair
- Clear the nightstand of clutter

Vacuum

- Now vacuum the floor of the entire house

Reflect and Celebrate

- Celebrate completion
- Keep track of the timers for progress in prolonged bouts of concentration