

PRINTABLE BONUS

# The ADHD Cleaning Reset Starter Kit

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Tiny printable resets for when your home feels loud.

For the guided phone version, use [CleanWithADHD.com](https://CleanWithADHD.com).

## READ FIRST

# How to use this kit

A few small rules so this kit stays useful instead of becoming another thing to feel bad about.

- Pick one reset.

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- Do the Minimum Win first.

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- Use the easier version if you feel stuck.

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- Stop when the area is usable.

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- Come back later without restarting.

### ABOUT THIS KIT

This is a printable backup. The main version of Clean With ADHD is the phone-first reset system at [CleanWithADHD.com](https://CleanWithADHD.com). Progress in the app saves on the device you used. The PDF does not sync and it does not send reminders.

PERMISSION

# What counts as clean enough?

Done is not spotless. Done is any one of these.

You can use the space.

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The smell is better.

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The floor path is safer.

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One surface is usable.

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Tomorrow feels a little easier.

## DECIDE

# Pick your reset

Read the left column. Pick the one that sounds most like today. Use the reset on the right.

IF	USE
<b>Only 5 minutes</b>	5 Minute Reset
<b>Kitchen blocking food</b>	Kitchen Reset
<b>Bathroom feels gross</b>	Bathroom Reset
<b>Laundry everywhere</b>	Laundry Reset
<b>Need to sleep</b>	Bedroom Reset
<b>Main room feels loud</b>	Living Room Reset
<b>Trash and dishes are the problem</b>	Trash and Dishes Reset
<b>Everything feels impossible</b>	Minimum Win only

## REFERENCE

# Minimum Win menu

One small win per reset. If you do this much, it counts.

RESET	MINIMUM WIN
<b>5 Minute Reset</b>	One visible improvement.
<b>Kitchen</b>	Trash, dishes, one counter spot.
<b>Bathroom</b>	Trash, sink, towel.
<b>Laundry</b>	One load started or one pile moved.
<b>Bedroom</b>	Bed usable, floor path safer, trash removed.
<b>Living Room</b>	One sitting spot, one surface, one walking path.
<b>Trash and Dishes</b>	Trash bag started, dishes gathered, one surface usable.

## LOWER THE BAR

# Make this easier

If a task feels too big, slide one column right. Both columns still count as the task.

TASK	EASIER	EASIEST
<b>Clear dishes</b>	Move 3 dishes	Move 1 dish
<b>Wipe counter</b>	Wipe one spot	Wipe for 10 seconds
<b>Pick up laundry</b>	Put 5 items in basket	Put 1 item in basket
<b>Take out trash</b>	Tie the bag	Put one item in the bag
<b>Clear floor</b>	Make one walking path	Move one object

## RECOVERY

# Got distracted?

You do not need to restart.

Choose one:

- Continue the reset you were doing.

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- Repeat the Minimum Win.

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- Do the 5 Minute Reset.

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- Stop and come back later.

Getting distracted does not erase what you already did.

## PERMISSION

# Stop here

Any one of these is a valid reason to stop today. Stopping is not quitting.

- Stop if the Minimum Win is done.

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- Stop if the room is usable.

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- Stop if you are getting irritable.

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- Stop if you are starting a new unrelated project.

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- Stop if you have been cleaning longer than planned.

## RESET

# 5 Minute Reset

### START HERE

Stand where the mess is. Pick the loudest spot.

### MINIMUM WIN

One visible improvement counts.

- Pick up trash

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- Clear one surface

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- Gather dishes

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- Put away five items

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- Take a break

### STOP HERE

Stop at 5 minutes. The timer is the boss.

## RESET

# Kitchen Reset

### START HERE

Stand in the kitchen doorway. Pick the loudest mess. That is where you start.

### MINIMUM WIN

The first 3 tasks count as today's reset. If that is all you do, the kitchen is already calmer.

### LOW ENERGY

- Move 3 dishes to the sink (the obvious ones)
- Throw away visible trash from the counter
- Wipe one counter corner with whatever cloth is nearby
- Put one piece of food back where it lives
- Open the dishwasher and see what is inside
- Sit down for 30 seconds. You earned it.

### NORMAL

- Clear visible dishes to the sink or the dishwasher
- Throw away visible trash and replace the bag if needed
- Wipe the main counter (start with the loudest one)
- Put food back where it lives (cabinet, fridge, pantry)
- Clear the sink (run the dishwasher or stack handwash)
- Wipe the stovetop with a damp paper towel
- Sweep visible crumbs off the floor
- Replace the dish towel if it is wet or dirty
- Take out the trash

### MOMENTUM

- Clear all visible dishes to the sink or the dishwasher
- Throw away visible trash and replace the bag
- Wipe both counters end to end
- Put food back where it lives (cabinet, fridge, pantry)
- Clear the sink completely (run the dishwasher or finish handwash)
- Wipe the stovetop
- Wipe the inside of the microwave
- Wipe the fridge handle and the front door
- Sweep or vacuum the kitchen floor
- Empty the dish drying rack
- Wipe the coffee maker or kettle
- Replace the dish towel
- Take out the trash and the recycling

### STOP HERE

Stop when the sink is workable and one counter is usable again.

## RESET

# Bathroom Reset

### START HERE

Throw away one piece of bathroom trash. That is the first task. The sink wipe is next.

### MINIMUM WIN

The first 3 tasks count as today's reset. Wiping the sink alone changes how the bathroom feels.

### LOW ENERGY

- Throw away visible trash (tissues, packaging, hair)
- Wipe the sink with whatever is closest
- Hang the towel straight (or grab a fresh one)
- Put one item where it belongs (shampoo back on the shelf, etc.)
- Restock toilet paper visibly on the back of the toilet

### NORMAL

- Throw away visible trash and replace the bag if needed
- Clear the counter (cups, makeup, hair products that do not live here)
- Wipe the sink with a wipe or damp paper towel
- Wipe the mirror with a dry microfiber (or paper towel)
- Quick toilet wipe (rim, seat, handle, ten seconds)
- Restock toilet paper (extra roll visible)
- Replace or rehang the towel
- Sweep the floor (or shake the bath mat)
- Refill the hand soap if low

### MOMENTUM

- Throw away visible trash and replace the bag
- Clear the counter completely
- Wipe the sink and the faucet
- Wipe the mirror with glass cleaner if you have it
- Clean the toilet (rim, seat, handle, base, brush if needed)
- Restock toilet paper and put one extra under the sink
- Replace the towel and the hand towel
- Wipe the shower handles and the soap dish
- Refill hand soap, shampoo, and conditioner
- Wipe the light switch and the doorknob
- Sweep the floor and wipe one stain spot if you see one
- Run a quick wipe along the tile or baseboard

### STOP HERE

Stop when the sink, the toilet, and one towel are usable.

## RESET

# Laundry Reset

### START HERE

Open the washer or the dryer. That single move is the first task. Everything else is easier once you see what is in there.

### MINIMUM WIN

Gathering and starting one load counts. The fold and the put-away can wait for the next day.

### LOW ENERGY

- Gather visible loose clothes into one pile (skip sorting)
- Carry the pile to the washer if you have energy, otherwise leave it
- Move one load from the washer to the dryer (if there is one waiting)
- Clear the lint trap (this is the easiest one if you can stand)
- Sit down. You moved fabric around. That counts.

### NORMAL

- Gather laundry from the bedroom floor into one basket
- Sort lights and darks if you sort (skip if you do not)
- Start one load (detergent, button, done)
- Set a phone timer for forty minutes
- Move the wet load to the dryer when the timer fires
- Clear the lint trap before you start the dryer
- Fold five items as soon as the dryer stops
- Put away one stack of clothes
- Hang the wrinkle-sensitive items immediately

### MOMENTUM

- Gather laundry from every room (bedrooms, bathroom, by the couch)
- Sort lights and darks
- Start the first load
- Set a phone timer for forty minutes
- Move the first load to the dryer
- Clear the lint trap
- Start a second load while the first one is in the dryer
- Fold the first dryer load (set a 5-minute timer)
- Put away one stack of clothes (jeans, shirts, or socks)
- Hang up three things that should not be folded
- Wipe the top of the washer and dryer
- Take towels to the bathroom or the linen closet

### STOP HERE

Stop when one load is moving and one pile is gone.

## RESET

# Bedroom Reset

### START HERE

Pull the blanket up over the bed. That is the first task. Everything else gets easier after that one.

### MINIMUM WIN

The first 3 tasks count as today's reset. The bed alone changes how the room feels.

### LOW ENERGY

- Pull the blanket up over the bed (do not make it perfect)

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- Gather visible laundry into one pile near the door

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- Put cups and dishes from the nightstand into one pile to carry out

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- Throw away the closest piece of trash

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- Open the curtains for light (or close them if it is bedtime)

### NORMAL

- Make the bed (blanket, pillows, throw if you have one)

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- Gather laundry into one pile near the door

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- Take out trash and recycling

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- Clear the nightstand (cups go to the kitchen, chargers stay)

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- Put shoes on the shoe pile, not the floor

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- Open the curtains for light

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- Clear a walking path from bed to door

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- Put 5 floor items where they actually belong

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- Wipe the nightstand surface

### MOMENTUM

- Make the bed

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- Gather laundry into one pile (or directly into the basket)

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- Take out trash and recycling

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- Clear the nightstand and wipe it down

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- Put shoes away (shoe pile or closet)

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- Open the curtains

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- Clear the walking path

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- Put 10 floor items where they belong

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- Hang up or fold the closest clothes pile

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- Dust one shelf or the dresser top

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- Wipe the doorknob and the light switch

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- Change the sheets if today is sheet day

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- Vacuum the visible floor

### STOP HERE

Stop when the bed is usable and the path to the door is clear.

## RESET

# Living Room Reset

### START HERE

Stand at the doorway and pick the mess that is most visible from there. That is where you start.

### MINIMUM WIN

Clear one sitting spot, one surface, and one floor path. That is enough for today.

### LOW ENERGY

- Pull the couch blanket flat
- Stack the couch pillows together
- Carry dishes and cups from the coffee table to the sink
- Throw away visible trash (wrappers, receipts, packaging)
- Move 5 items off the coffee table to where they belong
- Sit down for 30 seconds. The room shifted. That counts.

### NORMAL

- Clear cups and dishes from the coffee table and side tables
- Throw away visible trash and put the bag in the bin
- Couch reset (blanket flat, pillows stacked, throw folded)
- Move shoes to the shoe pile, not the floor
- Clear the coffee table to just the things that live there
- Put 5 floor items where they actually belong
- Clear the walking path between the couch and the door
- Turn on a lamp for warmer light
- Open a window for 30 seconds so the air shifts

### MOMENTUM

- Carry all dishes and cups to the sink
- Throw away visible trash and replace the bag
- Couch reset (blanket flat, pillows stacked, throw folded)
- Clear the coffee table to just the things that live there
- Wipe the coffee table with a dry cloth or wipe
- Move shoes to the shoe pile or closet
- Put 10 floor items where they live
- Sweep or vacuum the high-traffic floor strip
- Dust the TV stand or the closest shelf with a dry cloth
- Straighten the rug if it is bunched
- Coil the visible cable or charger mess
- Wipe the light switch and the closest doorknob
- Turn on a lamp and light a candle for the smell

### STOP HERE

Stop when one seat, one surface, and one walking path are usable.

## RESET

# Trash and Dishes Reset

### START HERE

Only look for trash and dishes. Ignore everything else on purpose.

### MINIMUM WIN

Trash bag started, dishes gathered, and one surface cleared enough to use.

### LOW ENERGY

- Grab one trash bag and put it next to where you are sitting
- Throw 10 pieces of visible trash into the bag without standing up much
- Stack visible cups and dishes near the kitchen sink (do not wash them)
- Clear one small surface enough to set a cup or plate on it
- Throw away one old food item from the fridge front or the counter
- Sit down. The two loudest mess types just got quieter.

### NORMAL

- Carry one trash bag through the kitchen, living room, and bedroom for visible trash
- Move visible dishes and cups from every room to the kitchen sink
- Sort the sink (dishwasher load or stack for handwash, no washing required)
- Toss old food from the counter or the fridge front shelf
- Wipe one kitchen counter corner so the visible space looks better
- Replace the kitchen trash bag if it is full
- Take the trash bag to the outside bin
- Refill the kitchen trash bag
- Stop before you start organizing anything else

### MOMENTUM

- Walk one trash bag through every main room for visible trash
- Move all visible dishes and cups from every room to the sink
- Run the dishwasher if it is mostly full
- Start one batch of obvious handwash dishes (skip the deep-clean items)
- Toss old food from the fridge front and the counter
- Wipe the kitchen counter end to end
- Wipe the sink and the faucet after the dishes are in
- Replace the kitchen trash bag and the bathroom trash bag if needed
- Take the trash and the recycling to the outside bin
- Refill bags in the kitchen and the bathroom bins
- Carry an empty bin or hamper back to where it lives
- Wipe the dish drying rack or set out a clean dish towel
- Stop before you start organizing anything else
- Sit down with water. That

## HARDEST DAYS

# Low Energy Reset

A universal reset for the days you are not standing for long. Works in any room.

- Sit down near the mess.

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- Pick one visible item.

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- Move one dish, one trash item, or one clothing item.

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- Do not sort sentimental items.

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- Stop after 5 minutes.

### STOP HERE

The 5 minute mark is the win. Anything past that is a bonus.

**PLAN**

# Weekly Reset Plan

Pick the option that fits the week you are actually having.

**2 DAY OPTION**

Day 1: Kitchen

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Day 2: Laundry

**3 DAY OPTION**

Day 1: Kitchen

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Day 2: Bathroom

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Day 3: Laundry

**5 DAY OPTION**

Day 1: Kitchen

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Day 2: Bathroom

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Day 3: Laundry

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Day 4: Bedroom

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Day 5: Living Room

**OFF-TRACK RECOVERY**

Missed a day? Do not double tomorrow. Pick the next reset and keep going.

# Doom pile holding

The doom pile is not today's problem. Use this short helper to make it safe to walk past, then move on.

- Remove trash.

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- Remove dishes.

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- Remove laundry.

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- Put papers in one stack.

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- Put unknown items in one container.

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- Label it: not today.

**NOTE**

For the full guided Doom Pile Reset, use the phone version at [CleanWithADHD.com](https://CleanWithADHD.com).

## QUICK PASS

# Guest panic

For when someone is coming over soon. Visible only. Skip everything else.

- Clear entry path.

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- Check bathroom basics.

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- Remove visible trash.

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- Hide one pile in a basket.

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- Close doors to rooms you are not cleaning.

### NOTE

For the full guided Guest Coming Over Reset, use the phone version at [CleanWithADHD.com](https://CleanWithADHD.com).

## TRACKER

# Reset tracker

Track what you actually did, not what you should have done.

DATE	RESET USED	MINIMUM WIN DONE?	WHAT CHANGED?

### FROM THE TEAM

You do not need a perfect house to restart.

Use the phone version when you want Guided Mode, Make This Easier, I Got Distracted recovery, Comeback Mode, Reset Finder, and Weekly Reset Builder.

**Start the Free 7-Day Reset at [CleanWithADHD.com](https://CleanWithADHD.com)**