

ADHD Cleaning Checklist

Checklist · 20 items · 7 sections

Cleaning with ADHD can feel overwhelming when you don't know where to start. This ADHD cleaning checklist breaks every task into tiny, concrete steps with one room at a time so you can make progress without the paralysis of a huge to-do list.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/adhd-cleaning-checklist>

START HERE (EVERY SESSION)

- Set a timer for 10 minutes: you only have to clean until it goes off
HIGH
The hardest part is starting. A timer creates a defined endpoint so your brain can commit
- Pick ONE room or ONE task: do not try to do everything at once
HIGH
- Put on music, a podcast, or a show you've already seen: background noise helps ADHD focus

LIVING ROOM (5–10 MIN)

- Grab a laundry basket: walk through and pick up any clothes on the floor
HIGH
- Take any dishes or cups back to the kitchen: one trip
HIGH
- Pick up trash and throw it away
HIGH
- Fluff sofa cushions and fold any blankets

BEDROOM (5–10 MIN)

- Make the bed: straighten sheet and pull up duvet (takes 2 minutes)
HIGH
- Pick up clothes: put dirty ones in hamper, hang up clean ones
HIGH
- Clear the nightstand: throw away trash, put things where they belong

BATHROOM (5–10 MIN)

- Wipe the toilet with a disinfectant wipe: lid, seat, outside

HIGH

- Wipe sink and tap

HIGH

- Put away any items left on the counter

KITCHEN (10–15 MIN)

- Do the dishes: if overwhelmed, just do 5 dishes and stop if needed

HIGH

- Wipe down the stove and counters with a damp cloth or wipe

HIGH

- Throw away any old food or wrappers

HIGH

- Empty the kitchen trash if it's full

MINDSET

- Celebrate completing each room: it counts, even if it's not perfect

HIGH

Done is better than perfect. A partially clean home is better than a totally messy one.

- If you get stuck, change tasks: switch rooms instead of stopping completely

BUILD THE HABIT

- Set a 'reset' timer daily: 15 minutes each evening to tidy before bed