**Stop Getting Sidetracked: Cleaning with ADHD Made Easier Checklist**

Squirrel! 🐿️ If cleaning feels impossible with ADHD distractions, use this checklist for step-by-step help staying on track.

**Preparation (Before You Start):**

☐ Break down large cleaning tasks into the smallest possible steps (e.g., "clear coffee table," "wipe kitchen counter").

☐ Prioritize the most important areas or tasks to focus on first.

☐ Gather ALL necessary cleaning supplies in one place before starting.

☐ Choose your distraction-minimizing tools (e.g., noise-canceling headphones, specific playlist) and have them ready.

**During Cleaning (Action Strategies):**

☐ Set a timer for short, focused cleaning bursts (e.g., 15-20 minutes).

☐ Set a timer for short breaks in between cleaning bursts (e.g., 5 minutes).

☐ Focus on completing only ONE small task or area during a timed session.

☐ Put your phone on silent or out of sight to avoid notifications.

☐ If using music/podcast, ensure it's engaging but not *too* distracting.

☐ Practice the "Don't Put It Down, Put It Away" rule for items you encounter.

☐ Stay in the designated area or focus on the chosen task type until the timer is up or the micro-task is complete.

☐ If you find yourself drifting, gently acknowledge it and redirect back to the planned task or area.

☐ Consider using a visual checklist or app to mark off completed micro-tasks.

☐ Engage in body doubling (cleaning alongside someone else, in person or virtually).

**Motivation & Follow-Up:**

☐ Have a planned reward ready for completing a task, a timed session, or a larger section of cleaning.

☐ Be kind to yourself if you get distracted – simply restart when you're ready.

☐ Celebrate your progress, no matter how small!

☐ Remind yourself that "done is better than perfect."

You can use this checklist as a guide each time you tackle a cleaning task! Good luck!

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