

ADHD Home Reset Worksheet

Reset one small area of home life by choosing the category, finish line, and restart cue that matter today.

What's the home problem right now?

Choose one category or one surface. A reset means making the space easier to use, not making it perfect.

- | | |
|---|---|
| ☐ The room is visually overwhelming, so I do nothing. | ☐ I start tidying but cannot tell when to stop. |
| ☐ Things have no easy home, so they keep coming back out. | ☐ My energy is too low for the reset I think I should do. |
-

Write only enough to begin

My two-minute action is:

The first round is done when:

If I stop, the next visible move is:
