

ADHD Shared Chores Worksheet

Make one recurring household task visible: who owns it, where it lives, and what done actually means.

What's the shared-chore problem right now?

Pick one recurring task. The goal is a clear handoff, not a complete household system today.

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| ☐ We both assume someone else will do it. | ☐ We disagree about what 'done' means. |
| ☐ Reminders turn into resentment or parent-child dynamics. | ☐ The planning part of the task is invisible and unshared. |
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Write only enough to begin

My two-minute action is:

The first round is done when:

If I stop, the next visible move is:
