

# Spring Cleaning ADHD Style:

\* Your challenge is to FOCUS on one room at a time. If you only finish that room, it's still a win. \*

## Kitchen & Dining Room (if applicable):

- Wash the table
- Wash the chairs
- Sweep under the counters
- Mop entire kitchen
- Clean stovetop
- Wipe down oven
- Clean inside of microwave
- Clean dishwasher
- Clean front of cabinets
- Clean out garbage disposal

## Living Room:

- Sweep/Vacuum
- Vacuum couch
- Wash blankets on couch
- Dust (all areas)
- Pick up anything that doesn't belong
- Clean up all trash

## Garage/Attic Spaces:

- Sweep
- Put away (at least) 5 things that are not where they belong

## Bathrooms:

- Pick up all towels and wash
- Change out hand towels (and wash)
- Refill or replace hand soap
- Sweep & wash floor
- Wash shower & tub (if applicable)
- Change out plastic shower curtain liner (if applicable)
- Clean all bathmats and bathroom rugs
- Clean front of cabinets
- Wash mirrors

## Bedroom(s):

- Pick up all clothing items that are not where they belong and sort into piles of "clean", "dirty" and "donate".
- Pick up all trash items.
- Pick up any items that don't belong in your bedroom and put them in a \*basket\*
- Change sheets (and wash dirty ones)
- Vacuum floor
- Wash mirror (if applicable)

## BONUS:

### Laundry Room:

- Clean dryer vent
- Clear out dryer lint
- Empty lint trash and sweep any lint from floor
- Run a cleaning cycle on the washing machine (with cleaning pod)

### Other:

- Clean ceiling fans
- Wipe down highchairs
- Change out any lightbulbs that need it