



# 7-Day ADHD Cleaning Quick Start Kit

Your Complete Guide to Getting  
Organized - Even with ADHD!

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# Welcome to Your ADHD Cleaning Revolution!

Congratulations! You've just taken the first step toward creating a home that works WITH your ADHD brain, not against it. This 7-day kit will show you exactly how to get organized using brain-friendly methods that actually stick.

## HOW THIS KIT WORKS

Each day focuses on ONE simple concept. No overwhelm, no perfectionism - just gentle progress that builds momentum. You'll discover your unique ADHD cleaning style and create systems that feel natural, not forced.

## WHAT YOU'LL GET

- 7 days of 15-minute cleaning challenges
- Your ADHD Cleaning Personality Profile
- Emergency room reset checklists
- Personalized dopamine reward system
- Weekly planning template that actually works

**The ADHD Promise:** If it takes longer than 15 minutes or feels overwhelming, you're doing too much. We're building habits, not burning out!

# ADHD Cleaning Personality Quiz

Circle the answer that feels most like you.

## 1. Your ideal cleaning session is:

- A) One focused 15-minute burst
- B) Background tidying while doing other things
- C) Deep cleaning when I'm in the mood
- D) Quick daily maintenance tasks

## 2. You feel most motivated when:

- A) You can see immediate progress
- B) Someone else is cleaning with you
- C) You have your favorite music playing
- D) You know exactly what to do next

## 3. Your biggest cleaning challenge is:

- A) Getting started
- B) Staying focused once I begin
- C) Knowing what to tackle first
- D) Maintaining systems long-term

# ADHD Cleaning Personality Quiz

Circle the answer that feels most like you.

## 4. You prefer instructions that are:

- A) Simple checklists I can follow
- B) Flexible guidelines I can adapt
- C) Detailed step-by-step processes
- D) Visual guides with pictures

## 5. Your energy for cleaning is usually:

- A) High in the morning
- B) Better in the afternoon
- C) Best in the evening
- D) Unpredictable day-to-day

Check the result in next page →

# Your ADHD Cleaning Personality Results

**Mostly A's** - The Sprint Cleaner You thrive on short, intense bursts of activity. Your superpower is creating dramatic change quickly. Focus on 15-minute power sessions with clear start/stop times.

**Mostly B's** - The Flow Cleaner You work best when cleaning feels natural and integrated. Your superpower is multitasking and making cleaning feel effortless. Focus on habit stacking and body doubling.

**Mostly C's** - The Mood Cleaner You have incredible focus when the mood strikes. Your superpower is deep, thorough cleaning when motivated. Focus on catching and channeling your natural motivation waves.

**Mostly D's** - The System Cleaner You love structure and clear expectations. Your superpower is maintaining consistent routines once established. Focus on creating foolproof systems and visual reminders.

# Day 1: The Foundation Reset

**Today's Mission:** Create Your Cleaning Launch Pad

**Time Needed:** 15 minutes Energy Level: Any (we're starting gentle!)

## What You'll Do:

Create a "*cleaning launch pad*" - one designated spot for your cleaning supplies that makes starting effortless.

## Step-by-Step:

- **Choose your spot (2 minutes)**
  - Kitchen counter, hallway closet, or bathroom cabinet
  - Somewhere central but not in the way
  - Easy to grab supplies and go
- **Gather your essentials (8 minutes)**
  - All-purpose cleaner
  - Microfiber cloths (3-5)
  - Small vacuum or broom
  - Timer (phone app works!)
  - Upbeat playlist ready to go

# Day 1: The Foundation Reset

- **SET UP YOUR REWARD (2 MINUTES)**
  - Choose something you enjoy: favorite tea, 10 minutes of social media, piece of chocolate
  - Have it ready for after your cleaning session
- **DOCUMENT YOUR SUCCESS (3 MINUTES)**
  - Take a "before" photo of your launch pad area
  - Take an "after" photo
  - Write one thing you're proud of completing

## **TODAY'S ENERGY CHECK-IN:**

Rate your energy BEFORE starting:

1 (exhausted) \_\_\_\_\_ 5 (energized)

Rate your energy AFTER completing:

1 (drained) \_\_\_\_\_ 5 (pumped up)

# Day 1: The Foundation Reset

## **Celebration Time!**

You did it! You've created the foundation for all future cleaning success. Enjoy your reward - you've earned it!

**Tomorrow's Prep:** Set your timer for 15 minutes and choose which room feels most urgent to tackle.

# Day 2: The 15-Minute Room Transformation

**Today's Mission: Pick ONE Room, Create Visible Change**

**Time Needed:** 15 minutes **Energy Level:** Match your energy to your room choice

## **ROOM SELECTION GUIDE:**

**High Energy:** Kitchen or living room (high impact!)

**Medium Energy:** Bedroom or bathroom (personal sanctuary)

**Low Energy:** Entryway or one corner (gentle progress)

## **THE ADHD 15-MINUTE METHOD:**

**Minutes 1-3:** Quick Scan & Sort

- Stand in doorway and look around
- Identify 3 categories: Keep Here, Goes Elsewhere, Trash
- Don't overthink - first instinct is usually right

# Day 2: The 15-Minute Room Transformation

## **Minutes 4-10:** The Big Sort

- Set timer for 6 minutes
- Touch everything once, sort into categories
- If you can't decide in 3 seconds, it stays for now
- Focus on obvious wins first

## **Minutes 11-14:** Quick Clean & Organize

- Put "Goes Elsewhere" items in a basket (deliver later)
- Trash goes out immediately
- Wipe down one surface
- Straighten remaining items

## **Minute 15:** Victory Documentation

- Take after photo
- Write down ONE thing that improved
- Set up tomorrow's success

## **Today's Focus Questions:**

- What surprised you about this room?
- What felt easiest to tackle?
- What would make the biggest difference tomorrow?

# Day 2: The 15-Minute Room Transformation

## **ENERGY CHECK-IN:**

**Rate your starting energy:**

1-5 Rate your ending energy:

1-5 Rate your mood improvement: 1-5

## **CELEBRATION CHECKPOINT!**

Look at your before/after photos.

See that difference? THAT'S the power of focused attention.

Your ADHD brain just proved it can create change!

**Tomorrow's Prep:** Notice which time of day you felt most motivated today.

# Day 3

## Energy Mapping Your Perfect Day

**Today's Mission: Discover When Your Cleaning Superpowers Activate**

**Time Needed:** 15 minutes total (5 minutes, 3 times) **Energy Level:** Observation mode (low pressure!)

### **YOUR PERSONAL ENERGY DETECTIVE KIT:**

#### **Check-In #1:**

Morning (within 2 hours of waking)

Time: \_\_\_\_\_

Energy Level (1-5): \_\_\_\_\_

Mood (1-5): \_\_\_\_\_

Focus Level (1-5): \_\_\_\_\_

### **RIGHT NOW I FEEL MOST CAPABLE OF:**

- Quick tidying tasks
- Deep cleaning projects
- Organizing and sorting
- Just maintaining what's already clean
- Nothing cleaning-related (and that's ok!)

# Day 3

## Energy Mapping Your Perfect Day

**Check-In #2:** Midday (afternoon hours)

Time: \_\_\_\_\_

Energy Level (1-5): \_\_\_\_\_

Mood (1-5): \_\_\_\_\_

Focus Level (1-5): \_\_\_\_\_

### **RIGHT NOW I FEEL MOST CAPABLE OF:**

- Quick tidying tasks
- Deep cleaning projects
- Organizing and sorting
- Just maintaining what's already clean
- Nothing cleaning-related (and that's ok!)

**Check-In #3:** Evening (3+ hours before bed)

Time: \_\_\_\_\_

Energy Level (1-5): \_\_\_\_\_

Mood (1-5): \_\_\_\_\_

Focus Level (1-5): \_\_\_\_\_

### **RIGHT NOW I FEEL MOST CAPABLE OF:**

- Quick tidying tasks
- Deep cleaning projects
- Organizing and sorting
- Just maintaining what's already clean
- Nothing cleaning-related (and that's ok!)

# Day 3

## Energy Mapping Your Perfect Day

**Check-In #2:** Midday (afternoon hours)

Time: \_\_\_\_\_

Energy Level (1-5): \_\_\_\_\_

Mood (1-5): \_\_\_\_\_

Focus Level (1-5): \_\_\_\_\_

### **RIGHT NOW I FEEL MOST CAPABLE OF:**

- Quick tidying tasks
- Deep cleaning projects
- Organizing and sorting
- Just maintaining what's already clean
- Nothing cleaning-related (and that's ok!)

**Check-In #3:** Evening (3+ hours before bed)

Time: \_\_\_\_\_

Energy Level (1-5): \_\_\_\_\_

Mood (1-5): \_\_\_\_\_

Focus Level (1-5): \_\_\_\_\_

### **RIGHT NOW I FEEL MOST CAPABLE OF:**

- Quick tidying tasks
- Deep cleaning projects
- Organizing and sorting
- Just maintaining what's already clean
- Nothing cleaning-related (and that's ok!)

# Day 3

## Energy Mapping Your Perfect Day

### **YOUR ENERGY PATTERN ANALYSIS:**

My highest energy time is: \_\_\_\_\_

My best focus time is: \_\_\_\_\_

My most motivated time is: \_\_\_\_\_

### **THIS MEANS I SHOULD SCHEDULE:**

Big cleaning projects during: \_\_\_\_\_

Daily maintenance during: \_\_\_\_\_

Rest and planning during: \_\_\_\_\_

### **TODAY'S GENTLE ACTION (5 MINUTES):**

During your highest energy check-in, spend 5 minutes on ANY cleaning task that feels natural. The goal is to FEEL the connection between your energy and your capability.

### **CELEBRATION RECOGNITION!**

You've just completed the most important step in ADHD cleaning success: understanding YOUR unique rhythm. This isn't about forcing yourself into someone else's schedule - it's about working WITH your brain!

**Tomorrow's Prep:** Plan to use your highest energy time for tomorrow's challenge.

# Day 4: Dopamine Design Workshop

**Today's Mission: Create Your Personal Motivation Menu**

**Time Needed:** 15 minutes **Energy Level:** Creative and reflective

Understanding Your ADHD Reward System  
Your brain craves dopamine - that's not a flaw, it's how you're wired! Instead of fighting it, let's design a reward system that makes cleaning feel naturally appealing.

## **YOUR DOPAMINE REWARD CATEGORIES:**

Instant Gratification (0-5 minutes)

What makes you feel good RIGHT NOW?

- Favorite piece of chocolate/candy
- One perfect cup of coffee/tea
- 5 minutes of favorite social media
- Favorite song played loud
- Quick text to a friend
- Step outside for fresh air
- Favorite scented lotion/perfume
- Pet snuggles
- Dance to one song

# Day 4: Dopamine Design Workshop

## YOUR PERSONAL INSTANT REWARDS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## MEDIUM REWARDS (5-30 MINUTES)

What feels like a mini-celebration?

- Episode of favorite show
- Hot shower or bath
- Online shopping browsing (no buying required!)
- Creative project time
- Video call with friend
- Favorite takeout ordered
- New playlist creation
- Craft/hobby time
- Reading favorite book

## YOUR PERSONAL MEDIUM REWARDS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Day 4: Dopamine Design Workshop

## **BIG CELEBRATION REWARDS (30+ MINUTES)**

What makes you feel truly celebrated?

- Favorite restaurant meal
- New purchase you've been wanting
- Movie theater experience
- Day trip somewhere fun
- Professional service (massage, nails, etc.)
- Friend hangout plan
- New book/game/supplies for hobby
- Concert or event tickets

## **YOUR PERSONAL BIG REWARDS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **YOUR REWARD MATCHING SYSTEM:**

5-15 minute cleaning task = Instant Reward

15-30 minute cleaning session = Medium  
Reward

Major cleaning project or daily consistency =  
Big Reward

# Day 4: Dopamine Design Workshop

## TODAY'S DOPAMINE EXPERIMENT (10 MINUTES):

1. Choose any 5-minute cleaning task
2. Select an instant reward from your list
3. Do the task
4. IMMEDIATELY enjoy your reward
5. Notice how the reward affects your motivation

## Task completed:

---

## Reward chosen:

---

Motivation level before (1-5): \_\_\_\_\_

Motivation level after (1-5): \_\_\_\_\_

## DESIGN YOUR DAILY DOPAMINE PLAN:

Morning reward that gets me started:

---

Midday reward that keeps me going:

---

Evening reward that celebrates my day:

---

# Day 4: Dopamine Design Workshop

## CELEBRATION SCIENCE!

You just hacked your own brain! By understanding and planning for your dopamine needs, you're not being "lazy" or "needing bribes" - you're being strategically brilliant about your neurology.

**Tomorrow's Prep:** Choose your reward for tomorrow's challenge BEFORE you start the task.

# Day 5: Emergency Reset Protocol

**Today's Mission: Create Your Overwhelm Recovery Plan**

**Time Needed:** 15 minutes (learning) + 5 minutes (testing)

**Energy Level:** Any - this works especially for LOW energy days

## **WHEN EVERYTHING FEELS TOO MUCH**

Some days, even our best plans don't work. Your ADHD brain gets overwhelmed, distracted, or just plain exhausted. Instead of giving up, you need an emergency protocol.

## **THE ADHD EMERGENCY RESET METHOD:**

**Level 1:** Total Overwhelm (2 minutes maximum)

**When you can barely function:**

**The "One Touch" Rule:**

- Pick up ONE item that's obviously out of place
- Put it where it belongs
- Sit down
- That's it. You're done. Celebrate this win.

# Day 5: Emergency Reset Protocol

**Emergency mantra:** "Something is better than nothing, and nothing is sometimes necessary."

**Level 2:** Low Energy Day (5 minutes maximum)

## **WHEN YOU'RE FUNCTIONAL BUT DRAINED:**

The "*Safety First*" Protocol:

1. Clear walkways (30 seconds)
2. Handle anything food-related (2 minutes)
3. Gather items that belong in other rooms into ONE basket (2 minutes)
4. Make your bed OR clear one chair (30 seconds)

**Level 3:** Scattered Focus (10 minutes maximum)

## **WHEN YOU KEEP STARTING AND STOPPING:**

The "Timer Rescue" Method:

1. Set timer for 10 minutes
2. Stay in ONE room only
3. Touch everything once: Keep, Move, Trash
4. When timer rings, STOP immediately
5. Celebrate what you accomplished

# Day 5: Emergency Reset Protocol

## **YOUR PERSONAL EMERGENCY TRIGGERS:**

When I notice these signs, I should use my  
Emergency Reset:

- Feeling paralyzed by mess
- Starting multiple tasks but finishing none
- Getting angry at family members about clutter
- Avoiding certain rooms entirely
- Feeling shame about my home
- Canceling plans because of house state

## **MY PERSONAL OVERWHELM SIGNS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Day 5: Emergency Reset Protocol

## **YOUR EMERGENCY COMFORT KIT:**

What helps you feel better when overwhelmed?

- Specific person to call/text
- Comfort TV show or music
- Favorite comfort food
- Cozy blanket or clothes
- Essential oils or candles
- Pet snuggles
- Quick walk outside
- Hot shower or bath

## **MY GO-TO COMFORT ITEMS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **TODAY'S EMERGENCY DRILL (5 MINUTES):**

Practice your Level 2 protocol right now, even if you don't need it. This way, you'll know exactly what to do when you DO need it.

# Day 5: Emergency Reset Protocol

**ROOM CHOSEN:**

---

**WHAT YOU ACCOMPLISHED IN 5 MINUTES:**

Your Emergency Contact Card:

Write this down and keep it handy:

When I'm overwhelmed, I will:

1. Choose Level \_\_\_\_\_ protocol
  2. Set timer for \_\_\_\_\_ minutes
  3. Use comfort item:
- 

**Remember:** Progress over perfection

**CELEBRATION COURAGE!**

You just created a safety net for your hardest days. This isn't admitting defeat - it's strategic planning that shows you understand and care for your ADHD brain's needs.

**Tomorrow's Prep:** Think about which emergency level you might need tomorrow based on your current stress and energy.

# Day 6: Weekly Planning That Actually Works

**Today's Mission: Design Your Sustainable Weekly Rhythm**

**Time Needed:** 15 minutes

**Energy Level:** Planning mode (medium focus needed)

## **THE ADHD WEEKLY REALITY CHECK**

Traditional weekly cleaning schedules fail ADHD brains because they ignore our natural variability. Instead of forcing consistency, let's create flexible structure that adapts to your real life.

## **YOUR WEEKLY ENERGY MAP:**

Rate each day for typical energy/motivation (1-5):

# Day 6: Weekly Planning That Actually Works

Day	Energy	Motivation	Best For
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## THE FLEXIBLE WEEKLY FRAMEWORK:

### High Energy Day Tasks:

- Deep cleaning one room
- Major decluttering projects
- Meal prep and kitchen reset
- Laundry washing, drying, AND putting away
- Bathroom deep clean

My typical high energy days:

---

# Day 6: Weekly Planning That Actually Works

## **MEDIUM ENERGY DAY TASKS:**

- Daily tidying maintenance
- One load of laundry (start to finish)
- Kitchen daily reset
- Bedroom straightening
- Living room pickup

My typical medium energy days:

-----

## **LOW ENERGY DAY TASKS:**

- 5-minute pickup in main areas
- Dishes in dishwasher (don't worry about putting away)
- Bed making
- Trash gathering
- Tomorrow prep (5 minutes max)

My typical low energy days:

-----

## **REST DAYS:**

- No cleaning expectations
- Maintenance only if it feels natural
- Planning for tomorrow (optional)
- Reward yourself for week's efforts

My needed rest day: \_\_\_\_\_

# Day 6: Weekly Planning That Actually Works

## YOUR CUSTOM WEEKLY PLAN:

Monday Focus:

-----  
Tuesday Focus:

-----  
Wednesday Focus:

-----  
Thursday Focus:

-----  
Friday Focus:

-----  
Saturday Focus:

-----  
Sunday Focus:

-----

## THE "GOOD ENOUGH" STANDARDS:

What does "clean enough" look like for each area?

Kitchen:

-----  
Bedroom:

-----  
Living Room:

-----  
Bathroom:

-----

# Day 6: Weekly Planning That Actually Works

## WEEKLY FLEXIBILITY RULES:

1. **Energy trumps schedule** - If you planned deep cleaning but feel low energy, do low energy tasks instead
2. **Two-day rule** - If you miss something, you have 2 days to catch up before it becomes "behind"
3. **Weekly wins** - Focus on weekly progress, not daily perfection
4. **Swap days** - High energy unexpectedly? Swap today's task with tomorrow's bigger task

## THIS WEEK'S PRACTICE PLAN:

Day 1 (tomorrow):

---

Day 2:

---

Day 3:

---

Day 4:

---

Day 5:

---

Day 6:

---

# Day 6: Weekly Planning That Actually Works

Day 7 (Review Day): Look back and adjust plan  
Weekly Celebration Planning:

Small daily wins I'll notice:

---

Weekly progress I'll celebrate:

---

How I'll celebrate weekly success:

---

## **CELEBRATION WISDOM!**

You've just created a system that works WITH your ADHD variability instead of against it. This is executive function support at its finest - external structure that adapts to internal reality.

**Tomorrow's Prep:** Look at your weekly plan and prepare for Day 1. Trust the process!

# Day 7: Graduation & Your Next Level Plan

**Today's Mission: Celebrate Your Success & Plan Your Future**

**Time Needed:** 15 minutes

**Energy Level:** Reflective and forward-thinking

## **YOUR 7-DAY SUCCESS REVIEW**

Daily Wins Recap:

Day 1:

---

Day 2:

---

Day 3:

---

Day 4:

---

Day 5:

---

Day 6:

---

# Day 7: Graduation & Your Next Level Plan

## **YOUR BIGGEST DISCOVERIES:**

1. About your energy:

---

2. About your motivation:

---

3. About your capabilities:

---

## **UNEXPECTED SUCCESSES:**

What surprised you about what you could accomplish?

## **CHALLENGES THAT TAUGHT YOU:**

What difficulties actually helped you learn something important?

## **YOUR ADHD CLEANING PROFILE (FINAL ASSESSMENT):**

# Day 7: Graduation & Your Next Level Plan

Your optimal cleaning time:

---

Your most effective task duration:

---

Your best motivation strategy:

---

Your most needed type of reward:

---

Your emergency protocol:

---

## **BUILDING ON YOUR FOUNDATION:**

What's Working Well (Keep Doing):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# Day 7: Graduation & Your Next Level Plan

What Needs Tweaking (Adjust):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What You Want to Learn Next (Explore):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## **YOUR NEXT 30 DAYS PREVIEW:**

**Week 1 Focus:** Solidify Your Foundation

- Use your new daily rhythm consistently
- Practice your emergency protocols
- Track what's working in a simple way

# Day 7: Graduation & Your Next Level Plan

## **Week 2 Focus:** Expand Your Systems

- Apply your methods to different rooms
- Invite family members to learn your approach
- Experiment with new reward combinations

## **Week 3 Focus:** Handle Challenges

- Navigate your first "off" week with your new tools
- Adjust systems based on real-life testing
- Build confidence in your ability to restart

## **Week 4 Focus:** Plan for Long-Term

- Develop seasonal and special situation strategies
- Create maintenance rhythms that feel sustainable
- Celebrate your transformation journey

## **YOUR PERSONAL ADHD CLEANING MANIFESTO:**

Fill in your commitments to yourself:

# Day 7: Graduation & Your Next Level Plan

I will remember that my ADHD brain is capable of creating and maintaining organization when I:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

I will be compassionate with myself by:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

I will celebrate progress by:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# Day 7: Graduation & Your Next Level Plan

## **GRADUATION CELEBRATION!**

You did it! You completed 7 days of brain-friendly cleaning strategies and discovered that your ADHD brain is absolutely capable of creating and maintaining an organized home.

**Take your final victory photo:** Document your current space and your proud face. This is evidence of your capability!

**Share your success:** Tell someone about ONE thing you accomplished this week. Your success matters and deserves recognition.

## **Ready for More?**

This 7-day kit gave you the foundation, but imagine what you could accomplish with 90 days of progressive skill-building, advanced strategies, and comprehensive room-by-room systems.

# The complete "ADHD Cleaning Companion: 90-Day Brain-Friendly Planner"

Long-term maintenance planning

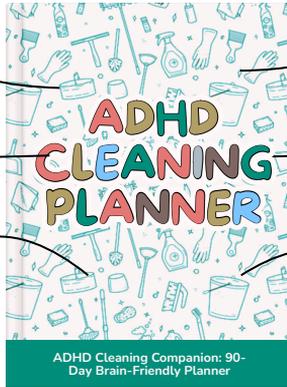
90 days of guided daily planning

Family integration systems

Advanced ADHD cleaning techniques

Setback recovery protocols

Seasonal adaptation strategies



**READY FOR THE COMPLETE 90-DAY TRANSFORMATION? GET THE FULL PLANNER NOW!**



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