

**MOTOMAID**

FREE PRACTICAL GUIDE

# The ADHD-Friendly Home + Life Reset Starter Guide

A judgment-free plan for creating one visible win, reducing unnecessary steps, and building a home system around real-life energy.

**You do not need to fix the whole house.  
You need a clear place to begin.**

Inside: a 10-minute reset, lower-friction system ideas, body-doubling prompts, a room-by-room starter checklist, and carefully sourced brain science.

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Household support, not medical diagnosis or treatment. Choose what fits your needs and leave the rest.

[START HERE](#)

# One visible win in 10 minutes

An open-ended instruction like “clean the room” hides many decisions. This reset gives you a sequence and a finish line. Stop when the timer ends—even if the room is not done.

**01****Choose one surface**

Pick the surface that will make the next part of your day easier: the kitchen prep area, bathroom counter, nightstand, desk, or entry table.

**02****Set a gentle timer**

Use 10 minutes as an end cue—not a demand to finish everything. Put on one song or use a visual timer if that feels better.

**03****Move in one order**

Trash first. Dishes second. Obvious items home third. Everything uncertain goes in one temporary “decide later” basket.

**04****Clean the cleared area**

Wipe only the surface you chose. A fully completed small area creates a visible finish line.

## Your finish line

Take one photo, say “this surface is done,” or place one object there that signals completion. You are allowed to stop with the larger room unfinished.

## DESIGN FOR FOLLOW-THROUGH

# Build a lower-friction home system

A system is useful when it is easier to use and reset than the workaround. Test these ideas in one small zone before buying containers or changing an entire room.

| Friction to notice                            | Experiment to try                                                              |
|-----------------------------------------------|--------------------------------------------------------------------------------|
| You forget an item when it is hidden.         | Try a clear bin, open tray, visual label, or one intentionally visible home.   |
| Putting something away takes several motions. | Reduce lids, stacking, distant storage, and over-specific categories.          |
| Supplies live far from the task.              | Create a safe point-of-use kit or a portable caddy.                            |
| Items collect where you naturally stop.       | Turn that spot into an intentional landing zone instead of fighting the route. |
| One category becomes too large to maintain.   | Split it by use or location—or reduce volume before adding storage.            |
| Visual noise competes with needed reminders.  | Keep the cue visible and group lower-priority items behind it.                 |

## Before you buy anything

Use a shoebox, tape label, spare tray, or temporary basket for one week. If the location and category work, then choose a durable container. The container should support the system—not become the system.

## ADD SUPPORT TO THE MOMENT

# Use cues, company, and clear endings

Sometimes the environment is ready but starting still feels hard. External cues can reduce the amount you have to generate internally. Choose one—not all—of these supports.

## A

### Body doubling

Ask a trusted person to be present in the room, on a video call, or by phone while you begin. They do not need to manage the task.

## B

### A visible sequence

Write three to five steps on a card and keep it with the supplies. Start with a verb: collect, return, wipe, stop.

## C

### A beginning cue

Use one song, a timer, shoes-on, or opening the supply caddy as the repeatable signal that the reset is starting.

## D

### An ending cue

Decide the stop point before beginning: timer ends, basket is full, one surface is clear, or one bag leaves the room.

## A script you can borrow

**“I am not finishing the room. I am working on one surface for ten minutes. When the timer ends, I will take a photo and choose whether to continue.”**

## PICK ONE ROOM

# Room-by-room starter checklist

Circle one room. Check only the items that would create a useful baseline this week.

## ENTRY

- ☐ Give keys, wallet, and bag one landing zone
- ☐ Create one place for incoming paper
- ☐ Clear the walking path

## KITCHEN

- ☐ Clear one food-prep surface
- ☐ Place daily tools within easy reach
- ☐ Group one repeated category, such as snacks

## BEDROOM

- ☐ Create one clothing “wear again” home
- ☐ Clear the sleep-side surface
- ☐ Put tomorrow's first item where it is visible

## BATHROOM

- ☐ Group the daily routine in order
- ☐ Remove empty products
- ☐ Keep cleanup supplies safely nearby

## HOME OFFICE

- ☐ Define one active-work zone
- ☐ Give loose paper one capture tray
- ☐ Remove one source of visual competition

## LAUNDRY

- ☐ Reduce sorting categories if possible
- ☐ Put the hamper on the actual clothing route
- ☐ Choose the next step after “clean”

My one-room finish line: \_\_\_\_\_

BRAIN SCIENCE, CAREFULLY

# What informed this guide

Good support should be practical and honest about the evidence. These facts help explain why a smaller scope and lower-friction environment may be worth testing. They do not establish one universal system for every person.

## 01

### Organization and planning

NIMH explains that adults with ADHD may experience difficulty with organization, planning, daily tasks, and large projects. Source: National Institute of Mental Health, "ADHD: What You Need to Know."

## 02

### Individualized accommodations

The CDC lists limiting distractions as one possible accommodation for some adults with ADHD. Needs vary; visible cues may support other people. Source: CDC, "ADHD in Adults."

## 03

### Visual competition

In a laboratory study, attending to multiple nearby competing stimuli reduced target sensitivity compared with attending to one item. The study did not test home clutter or ADHD. Source: Scalf & Beck, 2010.

## Read the sources

NIMH: <https://www.nimh.nih.gov/health/publications/adhd-what-you-need-to-know>

CDC: <https://www.cdc.gov/adhd/about/adhd-in-adults.html>

Scalf & Beck: <https://pmc.ncbi.nlm.nih.gov/articles/PMC3164532/>

## Need hands-on help?

MotoMaid offers judgment-free cleaning, organization, property resets, and ADHD-friendly home support in Tampa Bay. Visit [motomaid.com/neurodivergent-home-support](https://motomaid.com/neurodivergent-home-support) or call **813-710-0507**.

This guide is educational household-support information. It does not diagnose, treat, or cure ADHD or another health condition, and it is not a substitute for medical or mental-health care.