

EVERYTHING YOU NEED TO COMPLETELY CLEAN WITH ADHD

How to dodge the distractions, clear
up the clutter, and put away the piles



Disclaimer

This book is for educational and informational purposes only and may not be construed as medical advice. The information is not intended to replace medical advice offered by physicians.

Disclaimer #2: The photos of those perfect houses you see? Those are stock. Staged homes no one lives in. The only places they exist is in a book, with the rest of the fairy tales. LOL!

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CLEANING DOESN'T COME EASY FOR EVERYONE

In my travels, I meet a lot of people with ADHD, and I get to hear a lot of their frustrations. One of the areas that I find people have the most stress about is cleaning.

How do we get the job done?
How do we let go of the shame that comes along with it?

Believe it or not, our value comes from much more than the mantles of our homes passing the white glove test.

Let's talk about how you make things a little less overwhelming.

René

author | speaker | coach



What is
clean?



A bright person can always think of
something better to do than
housework.

Ruby Lou Barnhill



WHEN IS IT CLEAN ENOUGH?

I've had a tenuous relationship with cleaning my entire life. I can remember being a young girl and always ALWAYS being in trouble for having a messy room. Or grounded for not doing the dishes. Or yelled at for leaving a mess in the common areas of our home.

As I became a woman with a home of my own, somehow I ran over to the other side of the argument and became a bit of a perfectionist. Now I was the one yelling about common areas and dishes left in the sink.

Yelling wasn't the answer. I had to find a way to manage a household without anger. To keep things clean without tears and recriminations. Part of that journey was deciding what is clean enough and what just doesn't need to be done.

Before I reached these conclusions I was a very tired, very pissed off woman. Trying to be a perfect housekeeper didn't do anything for me except increase my unhappiness and make me impossible to be around.

I HAD TO FIND A WAY TO MANAGE A HOUSEHOLD WITHOUT ANGER.



After years of being frustrated with my results, I was fed up enough to finally prioritize what was important to me cleaning wise, and of course, I'm going to tell you how you can too. It started with a series of questions:

What will help me function best?

The goal of good housekeeping is to make your home livable for *you*. We often spend our precious time preparing our homes for people who do not live with us. Make your home functional for you first. Everyone else is a secondary consideration, if at all.

What will keep things sanitary?

We don't have to be perfect housekeepers, but for health's sake, it has to be sanitary. Safety and sanitation being the primary goals put my attention on what was of critical importance and what could wait.

When have I had enough?

I don't have to be a perfect housekeeper, but everyone has their limits. I needed to know how much mess I could tolerate before enough was enough.

Knowing the answers to these questions can form the future of your cleaning efforts. A future where you're finally calling the shots.

WHAT IS CLEAN?

DECLUTTERING SHAME SPACES

- Our entire lives, social conditioning has dictated the way we keep our homes. Just as the neurodiverse brain is different, so should be the way we organize and clean our homes.
- "Clean" is subjective. What matters most to you? Is it a home free of papers and other clutter? No dust? A floor you can eat off of? Deciding what an acceptable level of clean is will help you prioritize where your work should begin.
- Your home is there for your comfort, safety, and protection. Look around your home. What makes you feel comfortable and safe? What needs improvement?



WHAT TO LOOK FOR

- Places that have become unsanitary. Everyone gets there; we just can't stay there. Move forward instead of being stuck in the shame of the past.
- Areas that aren't working organizationally. Things may need a little shaking up to make room for what matters.
- Eyesores. We all have that place in our home that makes us cringe. Removing the eyesore can immediately lift your spirits.

WHAT IS CLEAN?

MAKE IT YOURS

YES, IT IS OK TO BE OK WITH SOME MESSINESS!

Messiness does not equal unsanitary. You need your home to be sanitary for health's sake. You need to be able to find things for your home to be functional. The rest? Well, the rest is up to you. There is absolutely no right or wrong to cleanliness. Give me some examples of a mess you might not mind tolerating in the area below:

- Kitchen:
- Bedroom
- Office
- Common Areas

Common Areas



I make no secret of the fact that I would rather lie on a sofa than sweep beneath it.

Shirley Conran



COMMON AREAS

I was headed to visit a friend once, and he was nervous about my arrival. "It's messy in here, you know they say geniuses are messy? Well, I'm a genius and my space reflects that." We laughed before I gave him a line that my mom and I say to each other - I'm not here to see your house. I'm here to see you. We just don't believe in walking into someone's home with our noses up, prepared to judge them. Homes are meant for comfort. Homes are meant to be lived in.

I live alone now, with the exception of two extraordinarily messy Jack Russell terriers, so you would think it wouldn't much matter how I keep my house. I also am the type of person who has random urges to invite people over on a whim without necessarily checking around to see the state of the house. Fortunately, I was taught early on that the main spaces that matter when you have company are the common areas. If you can make those look neat, it changes the entire house.

COMMON AREAS

DECLUTTERING SHAME SPACES

- Have you ever had a guest and started to feel as though you could see your home through their eyes - and you were horrified? How would it feel to limit visits in your home from those people?
- Do you often find yourself frustrated because your common areas are cluttered to the point of discomfort? What would make you feel comfortable again?
- Have you had friends who often invite you, but you find yourself comparing your home to theirs unfavorably? What if they're not in your home to pass judgement, but to enjoy your company?



WHERE TO START

- Clear the walkways - that means grab shoes, toys, everything that is covering the floor. A clear floor makes a room neater instantly.
- Arrange the surface - You and I both know many ADHD people love piles. Put the piles in baskets or just arrange them neatly. Pile away.
- Put your family's stuff in their room - Clutter gets left in common areas. It's ok to make our families deal with their own stuff (literally. Figuratively is another book).

COMMON AREAS

MAKE IT YOURS

COMMITTING TO CLEANER COMMON AREAS

I'm not saying you have to be company ready at all times, but consider at least weekly cleanings of the common areas. These often are the first things we see when we come in our home, and they instantly stress us out. See if keeping common areas clean fits for you. Use the space below to sketch out what a slightly neater common space can do for *your* quality of life.

- What would a cleaner common area give you back in terms of time?
- How would implementing a regular cleaning in this room work for you?
- What would it feel like to invite guests over without cleaning like crazy?

Bursting The Common Area Bubble

Sometimes we're better at certain chores than others. List what needs to be done in your home's common areas in the order from what you like the least to the ones you like the best. Now you know which bubbles you need to pop first! If you get stuck, switch it up and pop the bottom bubbles first to get things going.



THINGS TO DO IN MY CLEAN ROOM

COMMON AREAS

Having a little vision can make it easier sometimes. Close your eyes. Imagine what you can do in your space when it reaches a comfortable level of order. Make a list of everything you can do with your space shined up a bit.

WHAT WOULD I DO IN THIS ROOM?

WHO WOULD I INVITE?

HOW WILL THIS IMPROVE LIFE?

HOW WILL IT MAKE ME FEEL?

MAKING TOGETHER TIME COMFY

COULD THIS LEAD TO A DEEPER FAMILY CONNECTION?

Common areas are where the magic happens. When everyone is in their bedrooms, they have privacy and that time to ourselves is wonderful; however, we need serene spaces for together time, too. That doesn't mean pristine clean, just enough space to stretch out and watch a movie or a clear table for games. It's the little things, after all! Write four ways you can make the space more comfortable in the blanks below.

What would a more comfortable family space do to improve your together time?



Kitchen

Everybody wants to save the earth;
no one wants to help mom do the
dishes.

P.J. O'Rourke



KITCHEN

Some people hoard objects. I hoard friends. I have friends who have known me and been with me through a million life changes and reinventions of myself.

If you asked any of them who were friends with me in my teenage years, they can tell you I spent the majority of them grounded because of two hated chores, one of them being dishes.

Over the years, I've made peace with having to do them, but I can't say that I go willingly. Doing dishes makes my sensory issues go off. But for sanitation's sake, I've grown. I'm grateful for the growth, but I still can't stand the dishes! At least I can't get grounded.

KITCHEN

SHAME SPACES

- Have you ever wondered what that smell was and realized it was coming from your kitchen?
- Have you ever been depressed by dirty dishes piling up all over the house?
- Are you so discouraged by the state of things that you can't bring yourself to cook in your own kitchen?



WHERE TO START

- Stage things in your kitchen so you can store them where you use them. This makes everything much easier to put away.
- Start every cooking session by running some water so you can do dishes and wipe surfaces as you go.
- Consider keeping a kitchen inventory list in the cloud to avoid over/under buying.

KITCHEN

MAKE IT YOURS

KEEPING THE KITCHEN CLEAN IS TOUGH

In every home, there are no higher traffic areas than the bathroom and the kitchen. That extra traffic can make it more difficult to keep those rooms clean without establishing some rhythm or routine.

Answer these questions to help you consider what could fit with your routine.

- How often do you cook a large meal with a big clean up?
- How important is it to you to have a sink with no dishes in it?
- Are you a frequent spiller?
- What areas of the kitchen need to get special attention for safety's sake?

Bursting The Kitchen Bubble

Sometimes we're better at certain chores than others. List what needs to be done in your home's kitchen area in the order from what you like the least to the ones you like the best. Now you know which bubbles you need to pop first! If you get stuck, switch it up and pop the bottom bubbles first to get things going.



THINGS TO DO IN MY CLEAN ROOM

KITCHEN

Having a little vision can make it easier sometimes. Close your eyes.
Imagine what you can do in your space when it reaches a comfortable
level of order. Make a list of everything you can do with your space shined up a bit.

WOULD I TRY A NEW CUISINE?

WHO WOULD I INVITE ?

HOW WILL THIS IMPROVE LIFE?

HOW WILL IT MAKE ME FEEL?

WILL IT BE EASIER TO EAT?

COULD A LESS CHAOTIC KITCHEN MEAN MORE MEALS?

Let's face it, cooking gets messy no matter who is doing it. When you're walking into a kitchen that is already a mess, it can really discourage you from cooking a meal. A lot of us struggle with that already. How would a more tidy kitchen help you feed yourself a little better? Answer in the blanks below.

How would your desire to cook change in a neater space?



Bathroom

You don't get anything clean without getting something else dirty.

Cecil Baxter



BATHROOM

Everyone has a different way of relaxing. For me, I like to lay in a bubble bath and pretend the world is melting away with the tension from my muscles.

What's wrong with that, you ask? Rings. It seemed like no matter how much I rinsed, there would inevitably be a ring of some sort around the tub. Gross.

I wasn't going to sacrifice bath time. Instead, I found a way to keep spray cleaner and a cloth for that purpose nearby. Finding a way to incorporate cleaning into your life instead of the other way around will make a huge difference.

BATHROOM

SHAME SPACES

- Do you lose track of how long it has been since the last time you tidied the bathroom?
- Does having a place to keep towels and washcloths along with all the cosmetics you have to keep in a bathroom overwhelming?
- Do you regularly run out of time to prepare, leaving a messy bathroom behind?



WHERE TO START

- Just like the kitchen, keep the supplies where you'll use them. I do my makeup in my office (better lighting). Guess what you won't find in my bathroom?
- Keep some wipes near the toilet and underneath the sink to do a quick wipe job on spills and surfaces. Wipe surfaces after using the bathroom to maintain the clean.
- Stop holding on to "just in case" cosmetics. You haven't used them in a year, pitch them out!

BATHROOM

MAKE IT YOURS

BEATING THE BATHROOM BLITZ

One of the things I most hated about coming home from work in the evening was having to look at the trajectory of the mess I had made that morning. Part of it was managing my time. The other part was not knowing where ANYTHING in my house was. The bathroom was ground zero for that. Try these questions to beat the bathroom blitz

- What, besides using the toilet, do you do in the bathroom?
- Look at the products you're storing. Which ones don't you use?
- Can you commit to keeping the surfaces wiped and the trash dumped in here?
- What, if anything, needs to change to make this space more comfortable?

Bursting The Bathroom Bubble

Sometimes we're better at certain chores than others. List what needs to be done in your home's bathroom area in the order from what you like the least to the ones you like the best. Now you know which bubbles you need to pop first! If you get stuck, switch it up and pop the bottom bubbles first to get things going.



THINGS TO DO IN MY CLEAN ROOM

BATHROOM

Having a little vision can make it easier sometimes. Close your eyes. Imagine what you can do in your space when it reaches a comfortable level of order. Make a list of everything you can do with your space shined up a bit.

WOULD THIS MAKE MORNING EASIER?

A large empty rectangular box with a dark purple border, intended for writing notes related to the question above.

WOULD I RELAX MORE READILY?

A large empty rectangular box with a dark purple border, intended for writing notes related to the question above.

HOW WILL THIS IMPROVE LIFE?

A large empty rectangular box with a dark purple border, intended for writing notes related to the question above.

HOW WILL IT MAKE ME FEEL?

A large empty rectangular box with a dark purple border, intended for writing notes related to the question above.

COULD THIS STREAMLINE MY MORNING?

WOULD A FASTER SHOWER TIME CHANGE YOUR DAY?

Mornings are not easy for anyone, but when you have ADHD, you may find all the hustle of the morning frustrating. Many of us struggle to sleep, which makes it difficult to get going in the morning . . . which leads to other problems. How would having a bathroom where you could find things and move quickly help?

What are some ways you can devote more time to self-care in this space?

A photograph of an office desk. In the foreground, a spiral-bound notebook with a black cover and silver rings is open, with a black pen resting on it. The notebook is placed on a white surface. In the background, a white ceramic pot holds a green plant with long, thin leaves. The background is softly blurred.

Office

Housework can't kill you, but why
take the chance?

Phyllis Diller



OFFICE

"I *hate* my office," I repeated to a friend for the fiftieth time. I had been saying it frequently, though I could never quite my finger on *what* I specifically hated about it. It was bright and cheery, with a kitchen set for my niece and nephew to play in when they visited but still. I hated it.

One day, I landed on the reason why it was so uncomfortable in there. It was the piles. Old mail, pens, half-completed projects, thank-you notes that needed to be mailed, the entire room was chaos. If you had asked me, I thought the mess was fine and wasn't bothering me, but my brain had a different story to tell. Today, I'm writing this peacefully while wishing the noisy kids were here to cook me a pretend breakfast.

OFFICE

SHAME SPACES

- Do you sit down to work and realize that what you need is on the other side of the house - again?
- Are there so many piles that you can't find the things you need in order to work?
- Do you become so discouraged by the mess that you set up shop in other areas of your house?



WHERE TO START

- Before attacking anything else, clear enough space that you can work without frustration.
- Paper clutter in your office can be very "noisy." Time for a scan and shred party!
- Don't be afraid to keep what you need in your office, even if it seems silly. After all, I keep my makeup in mine.

OFFICE

MAKE IT YOURS

MAKING THE OFFICE WORK FOR YOU!

It can feel really difficult to strike a balance with the office because you want to be comfortable but not TOO comfortable. Too comfortable and you won't get any work done. Not comfortable enough? Same result. You have some decisions to make. Use these questions to think about what works best for you.

- Do you feel comfortable in your office's seating?
- Do you keep everything business or do you also store important personal documents in your office?
- Do you have a limit on how long paper can stay in the office before you shred it?
- How do you feel about doing a quick tidy job before and after your workday?

Bursting The Office Bubble

Sometimes we're better at certain chores than others. List what needs to be done in your home's office area in the order from what you like the least to the ones you like the best. Now you know which bubbles you need to pop first! If you get stuck, switch it up and pop the bottom bubbles first to get things going.



THINGS TO DO IN MY CLEAN ROOM

OFFICE

Having a little vision can make it easier sometimes. Close your eyes. Imagine what you can do in your space when it reaches a comfortable level of order. Make a list of everything you can do with your space shined up a bit.

COULD I THINK MORE CLEARLY?

WOULD MY CONCENTRATION LAST?

HOW WILL THIS IMPROVE LIFE?

HOW WILL IT MAKE ME FEEL?

WHAT'S THE MENTAL LOAD?

HOW MUCH ENERGY DOES YOUR FRUSTRATION TAKE?

Having to be in a space that you know needs work can take up a tremendous amount of space in your mind. There are items to move out of the way that can become incredibly distracting. The idea of unfinished work can linger on our minds. How will this area being in better shape reduce your mental load?

Write some ideas to reduce your mental load in the area below



Bedroom

We dream of having a clean house – but who dreams of actually doing the cleaning?

Marcus Buckingham



BEDROOMS

You already know how much time I spent in trouble over the dishes (stupid dishes!), but the chore that got me grounded just as often was cleaning my own bedroom. Throughout my life, my bedroom looked like a bomb filled with clothes, papers, books and yarn went off (lifelong fiber arts girl, yarn is always around).

To me, having a space of my own meant having all the things I love best in one place and all over the place. To my mother? I needed to get my space in some kind of order.

Now, instead of a total destruction area, my room is all about peace and quiet. It's a nice shift from the old way. I can sleep well.

BEDROOM

SHAME SPACES

- Is your laundry taking over your bedroom like the blob, covering everything it touches?
- Do you constantly lose track of the things that you need most to live and have to dig for them, creating MORE mess?
- Are you secretly embarrassed that someone might see your mess and think less of you?



WHERE TO START

- Your bedroom needs to be a place of rest. Take anything out that doesn't involve getting dressed, sleep, or sex.
- Put something in your bedroom that makes you feel peaceful, like a painting or a candle.
- Storage in your bedroom is a premium because you keep clothes there usually. Are you using useful storage?

BEDROOM

MAKE IT YOURS

A BEDROOM YOU CAN BREATHE IN

A bedroom is more than a place to stash things you don't want in the common area when company comes (I'm only half joking). A bedroom is a place where you rest and dream and relax. If your bedroom doesn't make you feel at peace, it is time to reevaluate how the space is being used. Answer these questions to start the conversation with yourself.

- Does my bedroom support good sleep hygiene?
- Are there things in my bedroom that don't make me feel at peace?
- Does part of being peaceful mean I eat in here or no?
- Do you need better storage for the things in the room?

THINGS TO DO IN MY CLEAN ROOM

BEDROOM

Having a little vision can make it easier sometimes. Close your eyes. Imagine what you can do in your space when it reaches a comfortable level of order. Make a list of everything you can do with your space shined up a bit.

WOULD MY BRAIN SHUT OFF?

COULD I RELAX?

HOW WILL THIS IMPROVE LIFE?

HOW WILL IT MAKE ME FEEL?

COULD I REST A BIT EASIER?

COULD A LITTLE EXTRA SHUT EYE DO YOU GOOD?

If you could find your pajamas, knew where your stuff that you needed for the morning was, and had no clutter to deal with, how would that impact your ability to shut it down and get some shut eye? List the ways in the blanks.

What sleep ritual could you create to make your transition to night time smooth?



Laundry

Have you ever taken anything out of the clothes basket because it had become, relatively, the cleaner thing?

Kathrine Whitehorn



LAUNDRY

Laundry, much like dishes, is a never-ending chore. I feel like I have spent my entire life in servitude to the laundry pile. Truly, there aren't many ways to avoid it. I need clean clothes. That's all there is to it.

Many people I meet with ADHD feel like laundry is running their lives too. You don't have to live your life buried in the laundry pile. I promise. You can reach into your closet and pull out something that is clean, fresh, and ready for you. This is especially convenient when you're running late.

LAUNDRY

SHAME SPACES

- Do your clothes get mixed up to the point where you're not sure if what you're picking up is clean or not?
- Do you fish your outfit of the day off the floor before you toss it on wrinkled and sprint for the door?
- Do you shuffle clothes from one chair to another but never seem to be able to get it all into the drawer



WHERE TO START

- You gotta start by knowing what is clean and what isn't. Pick it all up out of the various rooms it is in and head to the laundromat.
- Putting stuff in drawers and folding is no fun. Consider hanging up everything you can - no folding required.
- Reward yourself with a great podcast or a call with a friend while you fold. It'll make it less boring.

LAUNDRY

MAKE IT YOURS

LAUNDRY CAN BE DONE

Laundry is more than drudgery: it is a necessary life skill. That means we are going to have to get it done, put it away, and blot it out of our minds. Ok, ok it isn't that bad, I'll stop. Seriously, what could be better than a fresh sweater warm from the dryer or freshly washed sheets? Keep those in mind when you're frustrated with the laundry.

- Pick a day, any day, to do laundry if you can. It can help it feel like a task that is completed instead of ongoing. Can you do that?
- Remember that the ADHD mind runs on stimulation. How can you make laundry fun?
- Who can you grab to keep you company while you do laundry?
- What part of your life would improve the fastest by having laundry under control?

Bursting The Laundry Bubble

Sometimes we're better at certain chores than others. List what needs to be done in your home's laundry area in the order from what you like the least to the ones you like the best. Now you know which bubbles you need to pop first! If you get stuck, switch it up and pop the bottom bubbles first to get things going.



THINGS TO DO IN MY CLEAN ROOM

LAUNDRY

Having a little vision can make it easier, sometimes. Close your eyes. Imagine what you can do in your space when it reaches a comfortable level of order. Make a list of everything you can do with your space shined up a bit.

WOULD MY BRAIN SHUT OFF?

COULD I RELAX?

HOW WILL THIS IMPROVE LIFE?

HOW WILL IT MAKE ME FEEL?

A GOOD LAUNDRY SYSTEM CAN REDUCE STRESS

YOU CAN'T QUIT LAUNDRY, BUT YOU CAN CONTROL IT

You need clean clothes everyday, but that doesn't mean you need to do laundry everyday. When you are constantly in a state of having to fold, put away, or rearrange a laundry pile, it can quickly turn into drudgery. Find a system that works for you that doesn't involve a daily dive into the laundry basket.

How would having a consistent supply of clean laundry affect your daily life?

PUTTING IT ALL TOGETHER

WHAT NOW?

You're ready to attack the whole house, right? I'm so glad that you got the book and you're motivated and I want you to feel inspired.

However, I want you to pause. Take a deep breath. Sit with all the information you've taken in and pick one thing that you want to start with.

We have a propensity to believe that if we don't go out and do all the things, we have failed and we'll never get the work done and then how can we show our mothers we finally are grown up enough that they can stop cleaning when they walk in our homes? (Is it just me?)

It is valid to want to begin, but please, for the sake of your sanity, begin with 1-3 things. It's like the gym. If you lift ALL the weights, you'll regret it in the morning. If you try to clean all the things, you'll wind up with a bigger mess on your hands.

Trust me, I've done it. 1-3 things. It has a cumulative effect. I promise!



Clutter can be such a problem that I almost feel it should be a book of its own, and far more organized people than myself have written many things about clutter. Here's how I feel about it:

In 2015, like much of the world, I discovered the work of Marie Kondo, and her idea of only keeping what sparks joy spread like a wildfire through my house and even other areas of my life. I went through a huge purge, and here are three foundational principles I have used ever since:

1. **I no longer keep things "just in case"** - As I purged, I found a lifetime of useless things I had dragged from place to place, waiting for one day to come. One day never came. I don't think one day really is coming, and if it does, I'll have the space the item would take up until I need to purchase it again.
2. **Purge often and guiltlessly** - I come from a long line of "just in casers." They HATE when I purge. In fact, I have to sneak things out of my house because I have a relative who will find things I have put on the purge pile and incorporate them back, convinced I couldn't possibly have wanted to get rid of that thing. If it isn't useful, and I don't use it, it goes, no matter who bought it, how expensive it was, or what hopes I had for its usefulness.
3. **Stop paper piles before they start** - Nothing has reduced the paper clutter in my home like this rule. I flip through the mail at the trash can, which isn't far from my mailbox. The vast majority of my mail is read, shredded, and tossed without crossing my threshold. Stopping clutter before it starts is the best thing you can do for yourself.

"WHAT ABOUT CLUTTER?"



Some piles have a purpose.

"Hang on, you're contradicting yourself a bit here," said Carolyn, my fantastic editor.

"You say that piles are ok here, but then when you get to the office section you say that piles were a problem for you there."

I laughed because I can see where the confusion comes in. I'll explain.

Putting things in piles is a common organization strategy for people with ADHD. We put things in piles, we can see them, and we carry on. Those are what I like to call "purposeful piles." A purposeful pile for me is a stack of things I know are there for a reason and what they are.



Those piles in my office that were stressing me out? The ones that were so "noisy" to me that I couldn't work in there? Those piles were purposeless.

There was a stack of mail that needed to be discarded, promotional items from a company I no longer worked with, makeup that desperately needed to be put away (remember, my makeup is in the office.)

I love piles. I put them in baskets for tidiness's sake, but I don't fight my brain's natural inclination to stack things.

Purposeful piles are helpful. Purposeless piles? Not so much. Make sure your piles are serving a purpose, and if not? Pick that pile apart and put it away!

WHAT ABOUT PERFECTIONISM AND HIGH EXPECTATIONS?

Perfectionism in my opinion is often born of the idea that we all should be exactly the same. Our expectations match what we believe we should want based on what others have. Look to your own desires for the answers.



I am the ADHD daughter of a woman with ADHD who has a mother who is a perfect housekeeper. My grandmother worked a full time job, ran a family business, cared for her extended family, babysat my brother and me, and she did it all while keeping a home in regimented order.

Because we make homes to match our families of origin so often, I spent many years trying to emulate my grandmother. I cannot emphasize enough that I am not my grandmother. We have different lives, different priorities, and different brains.

When I suggest to readers and the clients who work with me on a regular basis to adjust their expectations, they often balk at the notion, as if I'm letting them off the hook. There is no hook. You set the rules of your home. Do you need perfection? Or do you have to spend that time on other things?

Only you can decide. Choose well.

Make It A Game!



Whoever said everything can't be a game is a fibber.

There, I said it. They weren't being truthful with us. I feel sorry for those types of people because everything in the world isn't serious anymore than everything in the world is a game. Fortunately, cleaning can be.

Why would you need to turn cleaning into a game? Well, for the stimulation, naturally. As you know by now, the ADHD brain is stimulus driven. Meaning that things that bore us don't provide much stimulation. Cleaning? Not the most interesting activity; however, it still has to be done.

Conventional wisdom tells us that we are supposed to press through the boredom and struggle. Who says that's the only way? It's certainly not the way I want to go. If making cleaning a game gets it done without boring me to death? I'm all for it.



20 WAYS TO MAKE CLEANING MORE FUN.

1. Have you ever seen the sponge holder that looks like a bed? Or the steam cleaner for your microwave that looks like an angry mom? Funny cleaning products= more fun.
2. Cleaning products that smell great to you will make your experience a much more pleasant one.
3. Call a friend and talk as you clean!
4. Have a cleaning party with your friends on Zoom and tackle a room together
5. Guess how much time it will take you to clean something then race to beat the clock.
6. Stuck on where to start? Put your chores on a popsicle stick and pull the chore from a bag, or put them in an internet randomizer.
7. Have a "who can fold clothes the fastest" contest and give the winner a special treat.
8. Play "basketball" with your socks to get them in the drawer or basket
9. Binge watch while doing mindless work. Just keep working!
10. Create your own cleaning products and use your home as the testing ground.
11. Podcasts while you are cleaning, especially ones that keep you engrossed.
12. Same goes for audio books. You'll hear some great new info and get the job done.
13. Adopt a cleaning mantra and cheer yourself on.
14. Angry at someone? Pretend you're washing/wiping/throwing them and their bad energy away.
15. Challenge yourself to find ten things you can get rid of in an hour, pack them up, and put them out.
16. Put things you're unsure about in a "time capsule" - aka put it in a box and set a day to get rid of it if you haven't opened it by then
17. Take before and after pictures. Seeing your results can supercharge your energy.
18. Invite a friend over to keep you company while you work.
19. Find a shelter and find items in your home that are on their list of needed items.
20. Find an online clutter challenge, join, and rock it!

WHAT IF I DON'T NOTICE THE DIRT?

**SOME FOLKS JUST DON'T NOTICE MESSSES.
HERE'S SOME COMMON SPOTS TO LOOK**

COMMON AREAS

Coffee tables and other surfaces. Dust and wipe these regularly (keep wipes in the room).

Under the seating and between the pillows.

High traffic paths in common areas often need to be vacuumed more frequently.

KITCHEN

Wipe/disinfect all surfaces and countertops.

If you cannot wash the dishes immediately, no worries. Rinse them well to avoid odor and limit the growth of bacteria.

Check around the trash can, wherever you chop veggies, and sweep there frequently.

BATHROOM

Keep wipes behind the toilet to wipe clean regularly.

Counter tops get dirty, so remove whatever you keep there and wipe them weekly.

Wipe mirror weekly to keep the toothpaste off.

BEDROOM

Dust shelves and dressers to keep free of dust.

Check under the bed occasionally. You never know what's hiding there.

Change sheets regularly.

A SPECIAL ANNOUNCEMENT

I have long envisioned a spot where I could talk about my ADHD kitchen foibles. As you all know, I'm not a cook everyday type. So I thought about what it would look like to have a bunch of simple recipes in one place that me and my fellow sorta cooks could enjoy.

THE ADHD COOKING CLUB!

- An easy space with simple recipes
- People who will laugh WITH you about your kitchen mishaps, not at you.
- A great place to make friends and share new ideas.



>> JOIN THE ADHD COOKING CLUB <<

[CLICK HERE TO JOIN YOUR NEW COMMUNITY](#)

Thank you for Reading!



*Black Girls,
Lost Keys.*

EDUCATING AND MOTIVATING
WOMEN WITH ADHD

DID YOU ENJOY THIS WORKBOOK?

Would you like one on
on help, tailored to
your specific needs?

Consider coaching!

Every day I help my clients to attack their biggest ADHD hurdles, while overcoming the negative self image that years of exposure to stigma and lack of understanding can bring. If that sounds great, to you, book your consult today: <http://bit.ly/consultwithrene>

