

An ADHD Woman
Cleans
Workbook



Introduction

This workbook originally started as a companion to An ADD Woman Cleans.

However, in looking back over that e-book, I felt that while it contained useful information, it was possibly not the best way to present the steps needed in order to get into a cleaning routine and make it stick.

The same ideas are behind this workbook, but presented in what I think is an easier to follow format.

Remember it takes time to build up a routine and doing anything is better than nothing at all!

Brenda

Get Ready

The foundation for any household cleaning routine are your daily habits; the things you do each day to keep on top of things.

We are going to concentrate on 3 areas of your home at first:

1. The kitchen
2. The bathrooms
3. The laundry

These areas are vital for your family's daily life.

Before you begin, it should be noted that these rooms need to be relatively free from clutter. They don't have to be perfect, but you should be able to work in them.

The laundry room is an exception, of sorts.

I don't know about you, but every laundry room I've ever had was a mess. Truth.

If you can do a load of laundry in there without too much trouble, you're good for now.

OK. Let's get started!

Laundry

Laundry is a little different. Here you're not going into the laundry room and assessing the room. Instead you have to decide how much laundry you need to do on a daily basis in order to keep your household running.

This will be different for everyone.

In my house, everyone does their own laundry, including sheets.

That means I am responsible for my laundry plus bath towels, kitchen linens, and rugs.

When my kids were younger, we went through a lot of towels in one week, especially when you consider that the girls used two each time they took a shower.

It wasn't long before they learned how to do a load of towels. They were each responsible for one load per week.

On the following page, use the sheet to figure out what laundry you need to do each week and then break it down into daily amounts based on the number of loads that you need to do.

Laundry

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Your Daily Routine Tips

- There should be no more than 10 items in your daily routine. That's a completely random number; just a guess as to what you can handle on a daily basis. If you have a few more and honestly think they're necessary, go ahead and try it to see how it works for you.
- Check to see if you are listing each step rather than each task. For instance, unloading, loading, and running the dishwasher is one task to me.
- Be sure that these are daily tasks and not weekly ones.
- If you have small children at home, you may find that you have closer to 10 items or more.
- Remember that most of these tasks are quick and simple. Wiping down the bathroom should only take a minute or two. If you wipe it down every day, it really never has a chance to get that dirty.
- At the beginning, you may find that you are taking longer than perhaps you expected to get through your routine. That's OK. This is new and will take some practice and also, the surfaces you are cleaning are most likely dirtier now than they will be in a week or so.
- Don't feel that you have to do it all at once. My routine gets spaced out through the day. Laundry gets started first thing, bathrooms get attention when I am in there, and dishes are taken care of throughout the day.

