

A photograph of a hallway with a pink semi-transparent overlay. The hallway has white walls, a wooden floor, and a white door at the end. A white bedsheet is visible in the foreground. The text "How to Get Your Home and Life Together" is written in white on the pink overlay.

How to Get Your Home and Life Together

anADDwoman.com

Hi -

It's Brenda from An ADD Woman, and this is my guide to getting your home and life together. Thank you for signing up to get it; I hope you find it useful.

I try to keep things like this short and to the point, because I know how busy you must be. At the same time, I try to pack it full of good information you can put to work right away.

If you have any questions or comments, please feel free to contact me: brenda@anaddwoman.com.

Please do more than just read through this list. Put it to work. Give some of these things a try. And then try them again. And again.

They can make your life so much easier!

Oh, and if you'd like more tips about quick easy ways to keep your house clean, check out my course, [From Chaos to Clean](#).

On to the list!

1. Automate as much as you possibly can. This includes direct deposit, depositing a check to your account with your bank app and phone, and automatic bill pay.
2. Schedule every appointment you can before you leave the office. At the salon I used to go to, I made all my appointments a year at a time. When you have this much filled out on your calendar, it makes other things much easier.
3. If you can, do the same thing for vacations. In our family, we go to the same place at the same time each year. I schedule it at the beginning of the year and pay for it. That really makes it a vacation in my book. A big part is already done and I can relax.
4. Consider a capsule wardrobe or a uniform, maybe just for work. A capsule wardrobe is a small collection of clothing where everything goes with everything else. A uniform - in my definition - is a simple outfit. Say, jeans, a simple shirt, and a hoodie or cardigan. Swap out the jeans for pants if it's for work. A dress and a cardigan is even easier. Add variety with jewelry and scarves. And check out my [Pinterest board](#) for ideas.
5. Try the same concept with your makeup. A BB cream is a tinted moisturizer, and most have sunscreen, too. 3 steps in one! Try to pare down your everyday makeup to a simple look, and keep just those products in your drawer or makeup bag. Makes getting what you need much easier.
6. Put routine to work for you anywhere you can. It's a large part of how I run my house. Kitchen garbage gets emptied after dinner each day; all others get emptied on Sunday (unless they need it sooner). Monday is garbage day, so that's why. I also do most of my cleaning on Sunday, and that's when the plants get watered too. That changes in the summer, of course.
7. Tie tasks you need to do to habits you already have. I have medication that requires I wait half an hour before I eat, so while I'm waiting, I empty the dishwasher and give the dog her medication.

8. Stop dirt as soon as possible. Put mats outside all of your doors, including the one coming in from the garage. And for extra measure, add a rug inside each door. Wipe up spills as soon as they happen. And we've found that brushing our dog daily cuts way down on the amount of vacuuming we have to do.
9. Never go up or downstairs - or even from one room to another - without something in your hands. It becomes automatic after a while.
10. Deal with the mail ASAP. Junk goes directly in the recycling bin. A random bill that isn't on auto pay goes into my planner. An invitation gets put on my calendar in my planner along with any important notes and then tossed.
11. I meal plan every week without fail. And I note what we have for dinner each night in my planner. That way, if I get stuck on what to have for dinner, I can look back through my planner. Most of my recipes are on Pinterest.
12. I have a binder that holds recipes I've printed out or that are hand written (the way old ones). I also write down some quick recipes on post it notes and put them on the inside of my cupboard door near the stove. For instance, bacon in the oven, 400°F, 18 - 20 minutes.
13. Follow my mom's 2 for 1 meal plan. She always made a roast on Sunday and then something with leftovers on Tuesday. Roast chicken, beef, or pork - they all work for Taco Tuesday!
14. Clutter is a huge problem for those of us with ADHD. One of the ways to start to get it under control is to look at what it is. For instance, in our house, we have tons of books, but no bookcases. Needless to say, books are a source of clutter in our home. Finding a home for what you have, and then making it easy to put it away will make a big difference!
15. Baskets or containers are another good way to deal with clutter. Anything to contain a collection of things makes it look neater. Even a tray to hold small items makes it look nicer. I have an old wooden tool box on a table near our front door. It holds keys, the new

insurance cards when we get them (to be put in the cars), and mail to go out. Nice and organized.

16. Use subscription services whenever you can, especially for things you use all the time. I use Grove.co for cleaning supplies. I like the brands they carry, and their prices are comparable to Walmart or Meijer, plus I don't have to leave the house (or end up buying more than I intended)! Most grocery stores offer shopping online and picking up at the store. My daughter uses this and loves it.
17. If you're doing some cleaning and using a spray cleaner, give it a couple of minutes before you try to wipe it off. Let it do the work instead of you.
18. Don't be afraid to turn the ringer on your phone off. You can set it so that anyone important can still get through, but you can handle the other calls on your time.
19. If you're decluttering, don't fall for the "clear everything out first" method. What you'll end up with is a mess that will be there (and overwhelming you) for days. Pick a small area - a really small area - like one shelf in a cupboard, and just work on that. The table surface, a 3 x 3 foot area in the corner, the left side of the floor of the closet. Baby steps.
20. Learn to use really small amount of time wisely. Clean out your purse or the car while you're in the drive through line. Wipe out the sink while the commercials are on. Fold laundry while you watch TV. You'd be surprised how much you can get done that way.