

# ADHD Tip Sheet for DIY Projects, Between Sessions, and Maintenance

## 1. Plan Ahead

Gather your supplies before you start to avoid interruptions:

- Donation bags
- Recycling bins
- Trash bags
- Cleaning cloths & cleaner
- Vacuum or sweeper
- Painter's tape & a marker for temporary labels
- A professional [label maker](#) of any kind is great as well if you have one

Container options: Collect any storage containers you may already have on hand, reuse the bottoms of a sturdy box, measure the space and purchase with the space in mind. Visit my [storage container guide](#) to learn more.

## 2. Set a Timer

Work in 20-minute focused sessions, followed by a 5-minute break. An analog timer can be especially helpful to visualize time passing. This [article](#) from my website explains the benefits of using an analog timer in more detail.

## 3. Minimize Distractions

Turn off unnecessary notifications and let others know you're unavailable for non-emergencies so you can hyper-focus on the task.

## 4. Use Background Noise

If silence feels distracting, try upbeat music or steady background noise to help maintain focus. Feel free to try my background playlist on [YouTube](#).

## 5. Start Small

Begin with one manageable area—a drawer, shelf, or single zone. If you're unsure where to start, begin at the entry and work your way around the room, one zone or category at a time.

## 6. Create a Sorting Area

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Designate a clear space (bed, table, counter, or floor) to sort and group items easily.

## 7. Start Decluttering

Pull items out and sort the obvious first:

- Trash
- Recycling
- Donations
- Items to sell
- Items to keep

Group items that belong elsewhere and set them aside to return later.

## 8. Tidy as You Go

Light cleaning while organizing boosts mood and helps the space feel rewarding right away. A non-toxic [cleaning agent](#) with essential oils can be a great sensory boost.

## 9. Delegate When Possible

Share tasks whenever possible. Involving household members—especially children and teens—by offering simple choices (two options is ideal to start) can feel empowering and build confidence.

Using positive, encouraging language out loud as you organize often inspires others and sets a strong example. Over time, a supportive environment helps shape a more compassionate inner voice, as the language we hear around us is internalized and reflected in how we speak to ourselves.

## 10. Remove Donations & Trash Immediately

Getting donations out right away prevents second-guessing and frees up space quickly.

## 11. Practice Mindful Accusation

Keeping items organized saves time, money, and energy. When everything has a clear place, it's easier to find what you need, put items away, and notice when supplies are running low or an item can't be easily repaired. Invest in what matters. Nature abhors a vacuum—when space is created, it's important to be intentional about what fills it.