

NEUROTIDY · FREE SAMPLE

5 Free ADHD Task Cards

How to use: cut along the dashed lines and stick each card *where the task happens*. The bottom line of every card is the bad-day version: on hard days, that line is the whole job, and doing it counts as a win.

These 5 are a taste of the full set of 20. No willpower required, just different systems.

KITCHEN

Dish Rescue

actually takes ~12 min

1. Music or video ON before anything else.
2. Fill sink with hot soapy water. That's the whole commitment.
3. Drop dishes in. Walk away if you want. Soaking counts.
4. Still here? Wash until the song ends. Then decide again.

BAD DAY: rinse ONE mug for tomorrow's coffee. Done = win.

BATHROOM

The 2-Alarm Shower

a full shower is 8-15 min, not an hour

1. Set 2 alarms: total time, and 5-minutes-left.
2. Turn the water on BEFORE you decide anything.
3. Same wash order every time. Zero decisions inside.
4. At the final alarm: count slowly to 30, then step out at 30.

BAD DAY: wipes + dry shampoo + clean shirt = legitimate protocol.

CLUTTER

Doom Pile Triage

one pile ~10 min with 4 boxes

1. Timer: 10 min. Music on. ONE pile.
2. Four boxes: Trash, Belongs elsewhere, Needs a decision, Keep here.
3. Sort mechanically. No verdicts today, just addresses.
4. Timer ends, you're allowed to stop. The decision box waits for a body double.

BAD DAY: remove exactly 3 objects. The monument cracks.

MOTIVATION

Body Double Call

the most-reported game changer

1. Text someone (ADHD friends get it instantly): "body double in 20 min?"
2. Phone on speaker. You both name your task out loud.
3. Work separately, together. Check in when one of you finishes.

BAD DAY: no friend free? Put on a cleaning video. Tornado mode is contagious.

RECOVERY

The Bad-Day Floor

hitting the floor on a bad day = 10/10

1. Body: teeth (wisps count), wipes + dry shampoo, one glass of water.
2. House: one mug rinsed, trash bag tied, outfit on the chair.
3. That is the WHOLE list. Everything else is officially cancelled today.

BAD DAY: this IS the bad-day card. You're already doing it right.

WANT THE WHOLE SYSTEM?

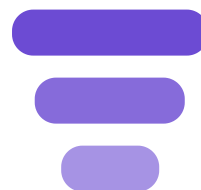
Get all 20 cards + the guide

This is 5 of 20. The full ADHD Home Reset adds 15 more task cards plus a shame-free guide: why routines fail, the 5 levers that replace willpower, and 6 room-by-room playbooks (each with a bad-day version).

Instant PDF. \$9.

neurotidy.gumroad.com/l/adhd-home-reset

Tap the link, or type it in. Same page either way.



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gentle systems for hard brains