ADHDefined

ADHD Cleaning Planner



The No-Side-Quests Method

Pick a category. Stay on your mission.
Ignore the side quests.

Current Category

Categories Completed

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Remember:

See something that belongs to another category?
Leave it. That's not your category.

