RVOSTUDIO

FREE ADHD PRINTABLE

The 5-Minute Reset

When the mess is too big to face, don't tidy the room — tidy for five minutes. Set a timer, do what you can, stop when it dings.

SET A TIMER · 5 MINUTES · STOP WHEN IT DINGS

Grab whatever you can reach

You do NOT have to do all of these. Any of them is a win.

- ☐ Put 5 things back where they live
- ☐ Clear one surface — just one
- ☐ Bin the obvious rubbish
- ☐ Gather all the cups / plates
- ☐ One load in the wash / dishwasher
- ☐ Fluff the cushions, straighten the throw
- ☐ Open a window for 2 minutes
- ☐ One nice thing for future-you

HOW IT FEELS NOW VS 5 MINUTES AGO

Circle one: the same · a bit lighter · actually better