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20 ADHD Home Organization Ideas Checklist

An idea sticks when it stays visible, needs no extra step, and still works on your worst day.

- [ ] Clear bins for pantry staples
- [ ] A first-out basket for food closest to its expiry date
- [ ] Open shelving for everyday dishes
- [ ] A magnetic strip for utensils
- [ ] An open clothing rack
- [ ] 1 hamper per zone (bedroom + bathroom)
- [ ] A hook exactly where clothes come off
- [ ] Labeled bins, even unfolded
- [ ] A landing basket by the door for keys, wallet, mail
- [ ] Wall hooks at shoulder height
- [ ] A shoe spot right at the door
- [ ] A tray for things to return (library books, packages)
- [ ] 1 inbox tray for everything (mail, forms, receipts)
- [ ] A shredder or recycling bin under the desk
- [ ] Scan and toss instead of keeping paper
- [ ] 1 drawer for supplies, not 5
- [ ] Clear stackable bins under the sink
- [ ] A shower caddy instead of bottles on the floor
- [ ] A small trash can in every room
- [ ] A 1-in, 1-out rule for products

You’re not behind. You’re just differently wired.