ADHD Impulse Spending Pause & 72-Hour Wishlist Log for

2-PAGE TANGERINE & TEAL EDITION PDF

KIDS' ROOM

- ◇ Descale kettle
- ◇ Mop kitchen
- ◇ Clean toilet
- ◇ Water plants
- ◇ Empty bins
- ◇ Sort mail
- ◇ Dust shelves
- ◇ Fold laundry

Laundry

- ◇ Wash windows
- ◇ Fold laundry
- ◇ Descale kettle
- ◇ Wash bath mats
- ◇ Clean mirrors
- ◇ Clean toilet
- ◇ Wipe skirting
- ◇ Wipe switches

LIVING ROOM

- ◇ Declutter one drawer
- ◇ Change sheets
- ◇ Mop kitchen
- ◇ Vacuum floors
- ◇ Fold laundry
- ◇ Wash windows
- ◇ Wipe switches
- ◇ Wipe fridge

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Living Room							
Outdoor							
Office							
Bathroom							
Kids' Room							

Fix-it list

Donate pile

Supplies to buy

Monthly deep clean