Neurodivergent Brain Dump & Task Triage Matrix for Busy

2-PAGE TANGERINE & TEAL EDITION PDF

Kids' Room

- ○ Mop kitchen
- ○ Wipe fridge
- ○ Vacuum floors
- ○ Dust shelves
- ○ Clean microwave
- ○ Clean mirrors
- ○ Fold laundry
- ○ Sweep porch

LIVING ROOM

- ☐ Empty bins
- ☐ Wipe benches
- ☐ Declutter one drawer
- ☐ Sweep porch
- ☐ Change sheets
- ☐ Clean microwave
- ☐ Fold laundry
- ☐ Clean toilet

Bedroom

- ○ Clean oven
- ○ Fold laundry
- ○ Wash windows
- ○ Change sheets
- ○ Wipe benches
- ○ Wash towels
- ○ Load dishwasher
- ○ Clean toilet

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Outdoor							
Kitchen							
Bathroom							
Kids' Room							
Laundry							

Monthly deep clean

Donate pile

Fix-it list

Supplies to buy