



ADHD HOME RESET

7 Simple Changes to Reduce Overwhelm

Using the CALM SPACE METHOD™

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You're not lazy.
Your space is just overwhelming your
brain.

If you've ever:

- Felt stuck looking at clutter
 - Lost things constantly
 - Avoided simple tasks

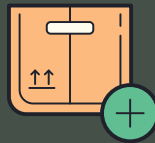
This guide is for you.

The CALM SPACE METHOD™

C – Clear Visual Noise



A – Accessible Organization






L – Low-Friction Systems.



M – Mood-Regulating Design



Fix your bedroom first.

- Clear surfaces near your bed 
- Use warm lighting. 
- Keep only essentials visible. 

Quick Fix: Kitchen

Make your kitchen ADHD-friendly.

- Keep daily items visible



- Use one “drop basket”.



- Reduce visual clutter.



Quick Fix: Workspace

Your focus starts here.

- Clear desk = clear mind



- Only keep what you use daily



- Add one calming element



5-Minute Reset Routine



Morning (2 min)

- Make bed
- Clear one surface



Night (3 min)

- Reset your main area.
- Put items back in zones

Printable Checklist

Clear one surface

Create one drop zone

Remove 5 items

Add one calming element

Make one system easier

This page = save-worthy + printable

This is just the beginning.

**You don't need a perfect home.
You need a space that understands your brain.
I design ADHD-friendly systems that blend
interior design, mindfulness, and real-life
functionality so your home supports you, not
overwhelms you.**

I'm a writer and creator focused on: ADHD

- Interior design that reduces overwhelm
- Mindful spaces that improve daily life

**Through my books and content, I help you
turn chaos into calm—one space at a time.**

"Available on Amazon"

**Follow me on Instagram for daily ADHD-
friendly design tips
@justbeyou_online_Author**

**Explore more tools & free resources on my.
website
<https://justbeyou-online.com>**

**Coming soon:
The ADHD Home System
(A complete step-by-step method to design
your space around your brain)**

**"You're not lazy. Your environment just needs
a better system."**