



Sample Lawn Care Business Resource

AuDHD Business Solutions, LLC

A practical, friendly, sensory-aware guide for launching your own lawn care business

Introduction

This free resource from **AuDHD Business Solutions, LLC** is designed to help autistic and ADHD individuals transition from traditional employment into self-employment — specifically through starting a lawn care business.

Purpose: Support you in creating a plan, exploring options, and building a business that accommodates your sensory, executive functioning, and environmental needs.

1. Why Entrepreneurship May Fit

Does this sound familiar?

- You struggle to stay long in jobs despite trying your best
- You feel out of place or ethically misaligned with coworkers
- You live paycheck to paycheck despite low spending
- Your ideas are ignored
- Your schedule fights your natural rhythms
- You're kept below your potential
- You work more in your weaknesses than strengths

If these resonate, entrepreneurship may be a better fit.

Reality Check

Working for yourself is **hard**. It's not the right path for everyone on the spectrum. If your current job works well for you, there's no need to leave it.

Starter Self-Assessment Checklist

Use this quick list to gauge whether entrepreneurship is worth exploring:

- ☐ Frustrations with visual or audible environment
- ☐ Ethical issues at work

- ☐ Living paycheck to paycheck
- ☐ Ideas disregarded
- ☐ Schedule misalignment
- ☐ Limited upward mobility
- ☐ Working in weaknesses more than strengths

2. Finding Your Hyperfocus Business Idea

This section helps you identify where to begin in the lawn care space — especially if funds, transportation, or equipment are limited.

Option A: Bush Trimming (Ultra-Low Budget Start)

You'll need:

- Tarp
- Hand pruners
- Small can of pre-mixed 2-cycle fuel
- Safety glasses
- Used reciprocating hedge trimmer

How it works:

- Take *small* jobs only
- Customers must have an on-site dumping area
- Practice on bushes at home
- Watch technique videos
- Charge low prices to build momentum

Your first savings goals:

- Vehicle + registration + insurance
- Bush rake
- Trash can
- Fuel
- Blade oil (bar and chain oil, WD-40, etc.)
- Blade sharpener
- A place to dump clippings

Option B: Weeding / Weed Pulling

You'll need:

- 1–3 garden tools
- 5-gallon bucket
- Hand pruners
- Garden gloves
- Leather/goatskin gloves

How it works:

- Offer weed pulling for small flower beds
- Charge \$20–\$25 per visit
- That's \$40–\$50 per month per customer
- Great for quick word-of-mouth growth

Option C: Ditch Weed-Eating

You'll need:

- Gas-powered string trimmer
- Pre-mixed 2-cycle fuel

Why it works:

- You can avoid needing a blower
- Older folks often need ditch trimming
- Simple, repeatable service

Option D: Full Mowing Service (More Robust Start)

You can begin with:

- Cheap used equipment
- Borrowed equipment
- Equipment you already own

Personal example from the resource:

“My Missouri start involved a new residential push mower, a new battery-operated string trimmer, and a new battery-operated blower. I already had a truck. My equipment was low-powered and the cheapest brands I could find. I was poor and worked a full-time job, a side job, and doing yards on the side as well. When I started in North Carolina a couple years later, I used the pre-commercial gas-powered string trimmer someone had given me for free and borrowed

the rest of the equipment, including a residential zero turn mower and a residential ride-on mower. A friend loaned me money for a utility trailer and a professional brush cutter. It took a couple seasons, but I was able to return everything I borrowed and buy it for myself with money made from the business and pay off the two loans to my friend.”

Borrowing equipment is acceptable — **return it quickly and in good condition.**

You may also:

- Rent or lease equipment
- Finance a mower at low interest
- Borrow a trailer

Season 3: Validation Stage

This is when you:

- Know lawn care is your long-term direction
- Begin investing in commercial-grade equipment
- Build structure and stability

“This is the season when I went full force on the legal structure of the business, designed business shirts, and formulated the long-term vision for the business to streamline and grow. It was the first year I used all my own equipment, and the business fully supported itself and my personal expenses yet also allowed me to pay off thousands of dollars of personal debt.”

3. Designing Your Sensory-Friendly Workspace

You don’t need a shop — a bedroom workspace works fine.

Sensory-Friendly Setup Ideas

- Desk or table dedicated to business
- Whiteboards for organization
- Bright natural light
- Optional calming colored lights
- Decluttered environment
- Alone time boundaries

Autistic + ADHD Balance

- Autistic side: deep focus, losing track of people
- ADHD side: difficulty sitting still or finishing tasks

- Strategy: verbal cues like “Focus!” can help

4. Executive Function Hacks for Daily Operations

Organization Tools

- Whiteboards for:
 - Daily tasks
 - Each business
 - Brainstorming
 - Calendar boards
- Color-coded markers
- Paper planner
- Phone reminders (optional)
- Photos + text messages for memory
- Duplicate notes in multiple places

Self-Employment Advantages

- Control your schedule
- Take breaks in your vehicle
- Listen to music or enjoy silence
- Provide your own accommodations

Goal-Setting

Clear goals = motivation + direction.

Build:

- Morning routine
- Exercise routine
- Motivational inputs

“Get hard after it (safely and legally) while you can.”

5. Test Launching the Business Idea

Start small. Keep your job if possible.

Test Launch Framework

1. Use what you already have
2. Add a few low-cost items
3. Get a few customers
4. Reinvest revenue into equipment
5. Learn the industry as you go

Keep in Mind

- Legal structure
- Separate bank accounts
- General liability insurance
- Consult a CPA when needed

6. Simple Money Management & Pricing

Start with Personal Finances

- Determine how much extra you need monthly
- Work backward from available days
- Choose a starter service
- Price cheaply at first
- Do 1–2 free properties for practice

Record-Keeping Essentials

- Track every cent
- Keep all receipts
- Track mileage from day one
- Record starting/ending mileage yearly

Keep It Simple

Use:

- Phone notepad
- Physical notebook
- Free apps

Avoid:

- Credit
- Business debt in year one

7. Launching with Minimum Friction

Sole Proprietorship Start

- No legal protection
- Use personal SSN
- Use personal bank account
- No website needed yet

Early Marketing

- Word of mouth
- Social media page
- Before/after photos
- Picture of you with equipment
- Simple landing page

When You're Ready

Move toward:

- LLC
- FEIN
- Business bank account
- Business insurance
- Full equipment setup

Always Know Your Numbers

Review analytics weekly or monthly.

Conclusion

This resource meets you where you are — financially, emotionally, and situationally — and offers multiple ways to begin despite obstacles.

If you want a **fully tailored, comprehensive plan**, you can book a coaching call through AuDHD Business Solutions.