

EXAMINING THE MENTAL LOAD OF YOUR HOUSEHOLD



INSTRUCTIONS:

1. Go through the below list and choose all the items that are relevant in your household. (You may like to cut them out).
2. Make piles of who currently does what.
3. Discuss if you feel comfortable with that allocation.
4. If not, reallocate and delegate areas differently for one week.
5. Reassess at the end of one week.

CLEANING Floors, sweeping & Mopping.	CLEANING Dishes or Dishwasher.	CLEANING Tidying Up.	MEALS Prepping lunches.	MEALS Prepping Dinners.
CLEANING Bathroom and toilet.	HOME Furnishings and décor.	LAUNDRY Doing a load.	LAUNDRY Hanging out / Brining in / sorting.	IRONING (Do ppl actually iron?).
PARENTS / IN-LAWS Making plans or Supporting them.	BILLS Organising payment on time. Managing.	SOCIAL PLANS Organising.	GIFTS Buying for kids, friends, parents etc.	PETS Walking, purchasing food, vet visits, medication.
CARS Maintenance, services etc.	BIRTH CONTROL Buying, using etc.	HOME MAINTENANCE Purchase tools, fix things, call tradies.	GARDEN Mowing, plant care.	CALENDARS Keeps details and plans.
SHOPPING LIST Who writes it?	GROCERIES Who goes to shops?	GARBAGE Taking out bags	GARBAGE Bin out for collection	KIDS Bathing and dressing.

USE THIS PAGE IF YOU HAVE CHILDREN

KIDS Extra-curricular	KIDS School runs	KIDS Bedtime routines	KIDS CLOTHING buying	KIDS Dental and medical needs
KIDS Morning Routines	KIDS First year of care	KIDS Middle of night comfort	KIDS Care if sick	KIDS School forms
KIDS Homework	KIDS Watching / looking after them	KIDS Any special needs?	KIDS Special projects, events, excursions	KIDS Discipline / Screen time
ADD YOUR OWN IN THE FOLLOWING BOXES AS NEEDED;				

**If you are struggling to find a way to manage that seems fair, reach out for a session with Ella;
www.ellashannon.com**