



# Family Mental Load Checklist

Find what is living in one person's head - then give it a home

## School & kids

- ☐ Forms, permission slips and school dates
- ☐ Homework / missing-work awareness
- ☐ Activities, practices and uniforms
- ☐ Clothing, shoes and size changes

## Home

- ☐ Groceries and household supplies
- ☐ Meals and food planning
- ☐ Cleaning / maintenance / repairs
- ☐ Pet care and supplies

## Schedule & logistics

- ☐ Appointments and follow-ups
- ☐ Rides, pickups and who is driving
- ☐ Birthdays, gifts and family events
- ☐ Travel, packing and reservations

## Invisible follow-up

- ☐ Remembering to remind someone
- ☐ Checking whether something got done
- ☐ Knowing when supplies will run out
- ☐ Keeping backup plans in mind



# Family Mental Load Reset

Turn remembered work into shared systems

## Choose the five biggest friction points

1.

Owner:

Home for it:

2.

Owner:

Home for it:

3.

Owner:

Home for it:

4.

Owner:

Home for it:

5.

Owner:

Home for it:

## Good places for recurring information

- Calendar: things that happen at a time
- Shared list: things anyone can add or check
- Assigned responsibility: one clear owner
- Routine checklist: repeated steps
- Weekly family reset: items that need a short conversation

## Goal: fewer things that only one person has to remember.

This is a planning worksheet, not a mental-health assessment.