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RELATIONSHIPS & EMOTIONS



How to Preserve Relationships by Dividing the Household Chores

This process can be used by roommates, couples, or families. While this practice really falls under habits/productivity, it greatly impacts relationships. When one family member or housemate takes on the majority of the chores without it being explicitly decided, it takes a toll on that person. When you get clear about the things that need to be done, by who, and at what frequency, it's easier to pinpoint if someone is not carrying their weight.

1. Get a stack of post-it notes, index cards, or small pieces of paper and have participants write down as many household chores as they can recall.
2. Collectively take a glance and remove all duplicates.
3. Label each paper with D-Daily, W-Weekly, or M-Monthly.
4. Have each participant choose some chores that they actually enjoy (or don't mind) doing. Surprisingly you will see that some of the chores that you hate, other people are willing to do.
5. Take a look at what is left...Will you be dividing evenly or will one person take on more chores than others? Everyone's schedule looks differently outside of the home, therefore it is important to be realistic about the delegation. If kids are involved, which jobs are most appropriate given their ages?
6. Divide up the rest of the jobs. Take into account the D, W, M labels.
7. Create a visual (paper list, chore board, calendar, whiteboard, electronic summary, etc.)
8. Get clear about expectations. By When do jobs need to be completed? What can people do if they have a very busy day and cannot complete the task. (For example: Trade a daily task with someone else's weekly or monthly task.)
9. Follow up. This is key!! Decide when you will get together to talk about how everything is going with the Household chores so you can adjust if necessary.

Sample Family Chore Chart

	Daily	Weekly	Monthly
Adult One	<ul style="list-style-type: none"> • Dishes • Drive kids to school • Cook or Prep Leftovers: Monday, Wednesday, Friday. • Prep Lunches 	<ul style="list-style-type: none"> • Wash Towels • Put away Towels • Wash all Sheets • Put Clean Sheets on beds • Use glass cleaner on windows and mirrors • Gather Trash from all around the house • Weed Garden • Clean Bathrooms 	<ul style="list-style-type: none"> • Wash Cars • Clean refrigerator • Make monthly family calendar of activities • Buy Gifts/Send Cards for monthly celebrations
Adult Two	<ul style="list-style-type: none"> • Make Adult Bed • Pick up kids from school • Cook or Prep Leftovers: Tuesday, Thursday. • Make Breakfast • Wipe down kitchen counters 	<ul style="list-style-type: none"> • Wash Clothes • Put away Laundry • Take out Trash • Bring in Garbage bins • Cut Lawn • Steam Floor • Vacuum carpets • Clean Living Room and Dining Room 	<ul style="list-style-type: none"> • Organize Shed • Make Monthly Bills • Plan Date nights and arrange babysitters
Kid One	<ul style="list-style-type: none"> • Make own bed • Clear dishes • Set the table • Tidy own toys/books after use • Feed Fish 	<ul style="list-style-type: none"> • Dust • Clean Tables 	<ul style="list-style-type: none"> • Straighten out books
Kid Two	<ul style="list-style-type: none"> • Make own bed • Clear dishes • Vacuum rug after dinner • Tidy own toys/books after use • Put away bath toys 	<ul style="list-style-type: none"> • Sweep • Put everyone's shoes away 	<ul style="list-style-type: none"> • Ensure toys are organized

Household Responsibilities

	Daily	Weekly	Monthly

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	Daily	Weekly	Monthly

Reflection:

How is the chore delegation functioning?

Are there any jobs that members are struggling to complete?

Does everyone feel that they took on an appropriate amount of work?

Is anyone struggling with the workload?

Do any jobs need to be switched around or redistributed?

Who Are You in Relationships?

Are you the spouse, sibling, parent, etc. that you want to be?

Improve your relationships by doing your part! Create a vision for who you would like to be and create next steps for improvement. Continuously reflect on your progress.

Choose from the list (or create your own). Mom/Dad, Daughter/Son, Wife/Husband/Partner/Girlfriend/Boyfriend, Grandma/Grandpa, Aunt/Uncle, Friend, Co-worker, Manager, Neighbor, etc.

1 RELATIONSHIP WITH

RELATIONSHIP	VISION	NEXT STEPS
FOLLOW UP DATE #1	FOLLOW UP DATE #2	FOLLOW UP DATE #3

2 RELATIONSHIP WITH

RELATIONSHIP	VISION	NEXT STEPS
FOLLOW UP DATE #1	FOLLOW UP DATE #2	FOLLOW UP DATE #3

3 RELATIONSHIP WITH

RELATIONSHIP	VISION	NEXT STEPS
FOLLOW UP DATE #1	FOLLOW UP DATE #2	FOLLOW UP DATE #3

4 RELATIONSHIP WITH

RELATIONSHIP	VISION	NEXT STEPS
FOLLOW UP DATE #1	FOLLOW UP DATE #2	FOLLOW UP DATE #3

5 RELATIONSHIP WITH

RELATIONSHIP	VISION	NEXT STEPS
FOLLOW UP DATE #1	FOLLOW UP DATE #2	FOLLOW UP DATE #3

ACHIEVE INNER BALANCE

RELATIONSHIPS & EMOTIONS

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6 PHASE PROGRAM

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