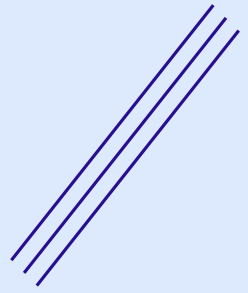


EMOTIONAL LABOR ASSESSMENT



Household Responsibilities & Mental Load Checklist:

2 adult household with children and/or pets

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- Mark in different colors who primarily handles/initiates the process of each task: "Me" or "Partner".
 - Choose based on who completes that task *more days than not* each week (i.e. 4+ days); NOT who knows most about that task
 - If you already have a schedule or routine for the tasks, add that in the comments as well.
-

Daily & Weekly Household Tasks

- ☐ Meal planning & grocery shopping
- ☐ Cooking meals & cleaning up afterward
- ☐ Packing school/work lunches
- ☐ General tidying & organizing
- ☐ Washing dishes/loading & unloading the dishwasher
- ☐ Laundry (washing, drying, folding, putting away)
- ☐ Taking out trash & recycling
- ☐ Cleaning bathrooms (toilets, sinks, showers)
- ☐ Vacuuming, sweeping & mopping floors
- ☐ Dusting furniture & surfaces
- ☐ Making beds & changing sheets

Child & Pet Care

- ☐ Morning & bedtime routines for kids
- ☐ Helping with homework & school projects
- ☐ Managing school communication & events
- ☐ Scheduling & attending parent-teacher conferences
- ☐ Enrolling kids in extracurricular activities
- ☐ Managing school pick-ups & drop-offs

- ☐ Scheduling kids' medical & dental appointments
- ☐ Feeding, walking & cleaning up after pets
- ☐ Taking pets to the vet & grooming appointments

Home & Vehicle Maintenance

- ☐ Scheduling home repairs & maintenance (HVAC, plumbing, electrical, etc.)
- ☐ Handling seasonal tasks (gutters, snow removal, lawn care)
- ☐ Changing air filters, smoke detector batteries, lightbulbs
- ☐ Scheduling & handling car maintenance (oil changes, tire rotations, etc.)
- ☐ Keeping track of household supplies (toilet paper, cleaning products, etc.)

Family & Social Responsibilities

- ☐ Remembering birthdays, holidays & special events
- ☐ Buying, wrapping & sending gifts/cards
- ☐ Scheduling & planning family gatherings
- ☐ Keeping in touch with extended family & friends
- ☐ Planning & initiating date nights or quality time together

Finances & Administrative Tasks

- ☐ Paying bills & managing household budget
- ☐ Tracking savings, retirement, and investments
- ☐ Filing taxes or coordinating with an accountant
- ☐ Handling insurance (health, home, auto)
- ☐ Keeping track of important documents & paperwork

Travel & Event Planning

- ☐ Researching & booking vacations/trips
- ☐ Packing for family trips
- ☐ Coordinating logistics for holidays & special occasions
- ☐ Notifying schools/workplaces about planned absences

Mental & Emotional Load

- ☐ Checking in on each other's emotional well-being
- ☐ Offering support when the other has a tough day
- ☐ Recognizing and appreciating each other's contributions
- ☐ Setting reminders & managing appointments
- ☐ Anticipating household needs before they become urgent

Household Responsibilities & Mental Load Checklist:

2 adult household, no kids, no pets, have plants

- Mark in different colors who primarily handles/initiates the process of each task: "Me" or "Partner".
 - Choose based on who completes that task *more days than not* each week (i.e. 4+ days); NOT who knows most about that task
 - If you already have a schedule or routine for the tasks, add that in the comments as well.
-

Daily & Weekly Household Tasks

- ☐ Meal planning & grocery shopping
- ☐ Cooking meals & cleaning up afterward
- ☐ Packing school/work lunches
- ☐ General tidying & organizing
- ☐ Washing dishes/loading & unloading the dishwasher
- ☐ Laundry (washing, drying, folding, putting away)
- ☐ Taking out trash & recycling
- ☐ Cleaning bathrooms (toilets, sinks, showers)
- ☐ Vacuuming, sweeping & mopping floors
- ☐ Dusting furniture & surfaces
- ☐ Making beds & changing sheets

Home & Vehicle Maintenance

- ☐ Scheduling home repairs & maintenance (HVAC, plumbing, electrical, etc.)
- ☐ Handling seasonal tasks (gutters, snow removal, lawn care)
- ☐ Changing air filters, smoke detector batteries, lightbulbs
- ☐ Scheduling & handling car maintenance (oil changes, tire rotations, etc.)
- ☐ Keeping track of household supplies (toilet paper, cleaning products, etc.)
- ☐ Organizing storage spaces & decluttering

Social & Relationship Responsibilities

- ☐ Planning & initiating date nights or quality time together
- ☐ Remembering birthdays, holidays & special events
- ☐ Buying, wrapping & sending gifts/cards
- ☐ Scheduling & planning gatherings with friends & family
- ☐ Keeping in touch with extended family & friends
- ☐ Maintaining relationships with neighbors & community

Finances & Administrative Tasks

- ☐ Paying bills & managing household budget
- ☐ Tracking savings, retirement, and investments
- ☐ Filing taxes or coordinating with an accountant
- ☐ Handling insurance (health, home, auto)
- ☐ Keeping track of important documents & paperwork

Travel & Event Planning

- ☐ Researching & booking vacations/trips
- ☐ Packing & organizing for travel
- ☐ Coordinating logistics for holidays & special occasions

Mental & Emotional Load

- ☐ Checking in on each other's emotional well-being
- ☐ Offering support when the other has a tough day
- ☐ Recognizing and appreciating each other's contributions
- ☐ Setting reminders & managing appointments
- ☐ Anticipating household needs before they become urgent