

The Invisible Load List

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A gentle check-in for people who carry ‘too much’ as a rule.

What You’re Quietly Carrying

WORK & MONEY

- Keeping a full-time job going
- Side hustle or freelance work
- Being the main income earner
- Worrying about job security
- Managing debt / big expenses

FAMILY & CAREGIVING

- Checking in on aging parents
- Managing parents’ appointments / meds
- Raising kids or teens
- Being the “responsible one” in the family
- Emotional first responder for partner/siblings

HOME, PETS & LIFE ADMIN

- Walking / feeding / medicating pets
- Planning around anxious or sick animals
- Keeping the house running (meals, laundry, groceries)
- Remembering birthdays and important dates

THE LOAD OF LIVING

- Keeping track of everyone’s needs
- Replaying conversations in your mind
- Comparing yourself on social media
- Feeling guilty any time you rest or say no
- Worrying about the news, safety, or the planet

A Quick Reflection

What surprised you?

One thing you ticked that you’d never counted as “a lot” before...

What are you carrying alone?

One thing you hold that no one else really sees...

One Tiny Shift

This week, I’ll give myself permission to...

You don’t have to fix everything on this page. One honest shift is enough for now.