

The Mental Load Quick Check

Make one invisible responsibility visible and choose a lighter next step.

Write what you are holding

List what you are remembering, anticipating, arranging, or following up on. Include small tasks that return often, not only major chores.

Separate the parts

For one responsibility, name who notices, who plans, who does it, and who checks completion. Doing the visible task may be only one part of the work.

Choose what can change

Could the work be shared, simplified, automated, outsourced within your means, or removed? If you live alone, consider reduced frequency, fewer steps, or available support.

Agree on ownership

Define what finished means, who agrees to own which parts, and what information or access they need. Confirm the agreement together rather than assigning silently.

Review one small change

Try one adjustment and choose a review date. Notice whether reminders, decisions, or stress decrease. Adapt the plan if capacity or needs change.

Quick checklist

- ☐ One recurring responsibility named
- ☐ Noticing and planning made visible
- ☐ One change chosen
- ☐ Ownership and support clarified
- ☐ Review date selected

Your lighter next step

Use this page to choose a manageable next step.

What keeps taking up space in my head?

One responsibility and who notices, plans, does, and follows up

What I want to carry differently and the support I need

Our agreed change, owner, and first step

Review date and what relief would look like

Example: Someone buys groceries, but you still plan meals, check supplies, write the list, and remind them to go. A clearer agreement includes the planning as well as the trip.

Want a fuller picture of what you carry or systems that support new habits? Explore [LabelMakeHers Mental Load Audit](#) or [Habit-Based Systems Planning](#).