# the mental load *list*

UNSPOKEN

everything that lives in your head, on one page. check who's got each one. if most of the "me" boxes are checked, that's your sign to hand this over.

| the kids | ME | THEM |
|---|---|---|
| doctor + dentist appointments | ☐ | ☐ |
| picture day + school forms | ☐ | ☐ |
| field trip money | ☐ | ☐ |
| birthday party gifts | ☐ | ☐ |
| clothes they're growing out of | ☐ | ☐ |
| who needs a haircut | ☐ | ☐ |
| snacks + lunches | ☐ | ☐ |
| bedtime, every single night | ☐ | ☐ |

| the house | ME | THEM |
|---|---|---|
| noticing we're out of milk | ☐ | ☐ |
| what's for dinner | ☐ | ☐ |
| the grocery list | ☐ | ☐ |
| laundry (and putting it away) | ☐ | ☐ |
| unloading the dishwasher | ☐ | ☐ |
| bills + due dates | ☐ | ☐ |
| trash day | ☐ | ☐ |
| calling to fix the broken thing | ☐ | ☐ |

| everybody else | ME | THEM |
|---|---|---|
| family birthdays + cards | ☐ | ☐ |
| holiday plans + gifts | ☐ | ☐ |
| texting back the group chat | ☐ | ☐ |
| remembering the teacher's name | ☐ | ☐ |
| thank you notes | ☐ | ☐ |

| you | ME | THEM |
|---|---|---|
| your own doctor appointment | ☐ | ☐ |
| when you last ate a real meal | ☐ | ☐ |
| an actual break | ☐ | ☐ |
| _____ | ☐ | ☐ |
| _____ | ☐ | ☐ |

*for the person who keeps saying "just tell me what you need"*

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| _____ | ☐ | ☐ |

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@unspokenmotherhoodco