Who Carries What

YOUR NAME _____ PARTNER'S NAME _____ DATE _____

A note before you start

Every home runs on hundreds of small tasks. Most of them stay invisible until something gets dropped. Someone notices the milk is low. Someone remembers the dentist appointment. Someone keeps a running list in their head so the week holds together.

We also bring a blueprint into our relationships. A lot of us split the work the way our parents did, or in direct reaction to it, without ever deciding that on purpose. When one partner feels resentful and the other feels blindsided, that blueprint is usually part of the story.

This worksheet gives you both a clear picture of how your home really runs. It is a starting point for a conversation, so be honest, be curious, and skip the scorekeeping.

Lexi Franc, LMFT

Every task has 3 layers



Notice
Sees that it needs to happen, often before anyone asks.



Plan
Figures out when, how, and what it takes.



Do
Actually gets it done.

The Doing is easy to see. The Noticing and Planning are where the invisible load lives.

How to use it

1. **Fill out your own copy first.**
   Work separately so you each capture how it feels from your side. Cross out anything that doesn't apply and add what's missing.
2. **Mark who Notices, Plans, and Does.**
   Use your initials, or B for both. It's okay if the answer is different for each layer.
3. **Look back at the home you grew up in.**
   Who handled this task there? Mom, Dad, a grandparent, you, nobody? Jot it down.
4. **Check what feels true for you.**
   Works means you're good with how it's handled right now. Needs a talk means something about it isn't sitting right, even if you can't name why yet.
5. **Bring both copies to session.**
   We'll compare them, talk through what the differences are telling you, and end with a Home Plan for the fridge.

Initials or B for both in Notices, Plans, Does. How often: daily, weekly, monthly, seasonal, as needed.

Kitchen & Meals

Task	How often	Notices	Plans	Does	Who did this growing up?	For me, this: works	For me, this: needs a talk
Plan the week's meals						☐	☐
Make the grocery list						☐	☐
Grocery shopping						☐	☐
Cook dinner						☐	☐
Dishes and kitchen clean up						☐	☐
Pack lunches						☐	☐
Keep staples stocked						☐	☐
						☐	☐
						☐	☐

Home & Cleaning

Task	How often	Notices	Plans	Does	Who did this growing up?	For me, this: works	For me, this: needs a talk
Laundry: wash, fold, put away Clean						☐	☐
bathrooms						☐	☐
Vacuum and floors						☐	☐
Tidy shared spaces						☐	☐
Change sheets and towels						☐	☐
Trash and recycling						☐	☐
Schedule repairs and maintenance						☐	☐
						☐	☐
						☐	☐

Money & Admin

Task	How often	Notices	Plans	Does	Who did this growing up?	For me, this: works	For me, this: needs a talk
Pay the bills						☐	☐
Budget and track spending						☐	☐
Taxes, insurance, and paperwork						☐	☐
Manage subscriptions and accounts						☐	☐
Big purchase decisions						☐	☐
Organize important documents						☐	☐
Call companies and providers						☐	☐
						☐	☐
						☐	☐

Kids *Skip this section if it doesn't apply to you.*

Task	How often	Notices	Plans	Does	Who did this growing up?	For me, this: works	For me, this: needs a talk
School forms and teacher emails						☐	☐
Drop off and pick up						☐	☐
Schedule activities and playdates						☐	☐
Bedtime routine						☐	☐
Stay home when a kid is sick						☐	☐
Buy clothes and school supplies						☐	☐
Track homework and milestones						☐	☐
						☐	☐
						☐	☐

Health & Appointments

Task	How often	Notices	Plans	Does	Who did this growing up?	For me, this: works	For me, this: needs a talk
Schedule doctor and dentist visits						☐	☐
Keep track of prescriptions and refills						☐	☐
Stock the medicine cabinet						☐	☐
Care for whoever is sick						☐	☐
Make sure rest actually happens						☐	☐
Plan movement and time outside						☐	☐
Keep health records and forms						☐	☐
						☐	☐
						☐	☐

Pets, Car & Outdoors

Task	How often	Notices	Plans	Does	Who did this growing up?	For me, this: works	For me, this: needs a talk
Feed and walk pets						☐	☐
Vet appointments						☐	☐
Car maintenance and registration						☐	☐
Gas and car cleaning						☐	☐
Yard work and snow						☐	☐
Seasonal chores (filters, gutters)						☐	☐
Plants and garden						☐	☐
						☐	☐
						☐	☐

Family & Social

Task	How often	Notices	Plans	Does	Who did this growing up?	For me, this: works	For me, this: needs a talk
Remember birthdays and buy gifts						☐	☐
Plan holidays and travel						☐	☐
Stay in touch with extended family						☐	☐
Plan date nights						☐	☐
Plan time with friends						☐	☐
RSVPs and thank you notes						☐	☐
Prep for guests and hosting						☐	☐
						☐	☐
						☐	☐

The Invisible Stuff

The mental load. Easy to miss, heavy to carry.

Task	How often	Notices	Plans	Does	Who did this growing up?	For me, this: works	For me, this: needs a talk
Keep the family calendar						☐	☐
Notice when things run low						☐	☐
Track what everyone needs and when						☐	☐
Research big decisions						☐	☐
Hand off tasks and follow up						☐	☐
Keep the emotional tone of the home						☐	☐
Keep traditions and rituals going						☐	☐
						☐	☐
						☐	☐

Now look at it *together*

Answer on your own first, then share. Stay curious about your partner's answers, especially the ones that surprise you.

1. What surprised you when you looked at the whole picture?

ME	MY PARTNER

2. What does your partner carry that you didn't fully see before?

ME	MY PARTNER

3. Where do you see the home you grew up in showing up in how you split things now?

ME	MY PARTNER

4. Which task carries the most charge for you? What do you think sits underneath it?

ME	MY PARTNER

5. If home felt more like a team next month, what would be different?

ME	MY PARTNER

What we're trying *next*

Pick a few tasks to start with. Small and specific beats big and vague. Decide who owns all three layers, so nobody has to be the manager of someone else's job.

The task	New owner	What 'done' looks like	Starting	Check in on

Something my partner does that I want to thank them for

ME

MY PARTNER

What helps me when a task slips

ME

MY PARTNER

We'll revisit this together on _____

small shifts, real change

Our Home Plan

same team, shared load

that therapy girl

_____ & _____

PARTNER PARTNER

Every Day

Task	Who owns it	When / notes

Every Week

Task	Who owns it	When / notes

Monthly & Seasonal

Task	Who owns it	When / notes