

WORKSHEETS TO CHART YOUR DAILY TASKS

After

	ME	COMPANION	CHILD 1	CHILD 2	OTHER	OTHER	OTHER	HIRED HELP	ELIMINATE
Tasks at home (See chapter 4 step 7)									
Empty dishwasher	✓								
Prepare breakfast for kids			✓						
Prepare snacks for school			✓						
Clean up bedrooms	✓								✓
Tidy living room									
Tidy kitchen			✓						
Prepare lunch	✓								
Prepare dinner	✓								
Grocery shop		✓							✓
Do laundry									
Take out trash	✓								
Drop off children at school		✓							
Pick up children from school		✓							
Bring children to karate		✓							
Purchase clothing for kids				✓				✓	
Make doctor's appointment	✓								
Cancel hair appointment									✓
Buy ticket							✓		
Go to post office							✓		
Go to bank							✓		