CHECKLIST · RELATIONSHIP

FREE PREVIEW

Sharing Household Responsibilities

Equitably dividing household tasks fosters teamwork and reduces stress. Use this checklist to manage responsibilities effectively.



10 steps | Print-ready A4

NAME	START	TARGET DATE

1 Identify All Household Tasks

List daily, weekly, and occasional chores that need attention.

EXAMPLE *Cleaning, grocery shopping, and paying bills.*

2 Discuss Preferences and Strengths

Assign tasks based on each person's preferences or strengths.

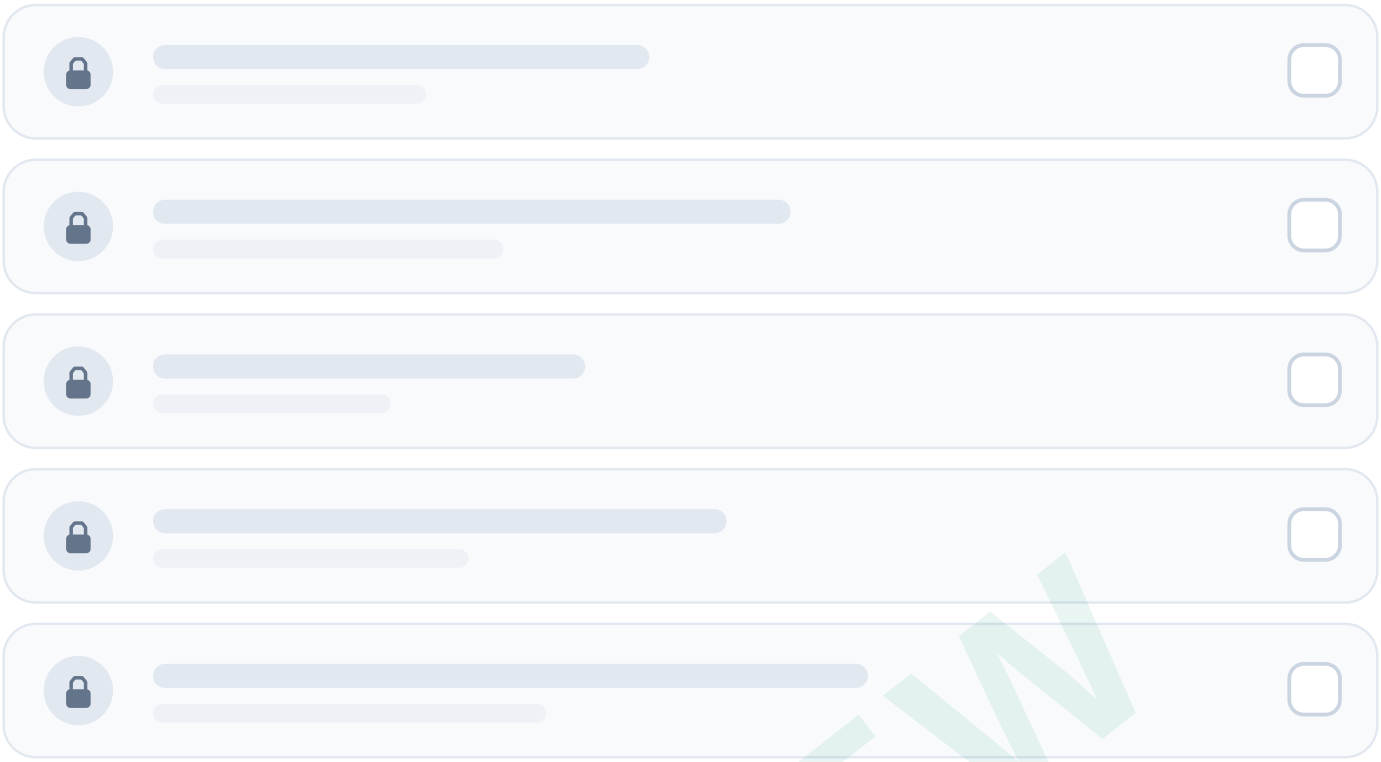
TIP *If one enjoys cooking, the other could handle dishwashing.*

3 Set a Chore Schedule

Create a clear timetable for when tasks should be completed.

TIP *Use a shared calendar or app like Cozi to track responsibilities.*

PREVIEW



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PREVIEW