

Because carrying everything is not strength — it is a Desire Drainer.

SECTION 1

What's Actually Happening? (Facts)

List every task you currently handle at home:
Meals · Laundry · Bedtime · Bills · Cleaning · Appointments · Emotional support · Planning...

Tasks I currently do:

SECTION 2

What's the Story I'm Telling Myself?

Circle the beliefs that keep you carrying everything:

"If I don't do it, it won't get done."	"It's faster if I just do it myself."
"I don't want to nag."	"He should just know."
"I don't want to be a burden."	"I'm the responsible one."
"I don't want conflict."	

My story:

SECTION 3

What Is This Costing Me?

Emotionally:	Energetically:
In my pleasure / connection:	In my identity:

Redistributing the Mental Load

From awareness to action — what you need and how to ask for it.

SECTION 4

What Do I Actually Need?

Support I desire:

Tasks I'm ready to release or share:

SECTION 5

My Clear Ask (If Applicable)

CLEAR ASK FORMULA: Task + What I need + Timeline + Release control of how

My ask:

SECTION 6

My Pleasure Why

If I had more support, I would feel:

I would have space for:
