Today-ish♥

THE INVISIBLE LIST

Count the jobs nobody sees.

Every household runs on jobs that two people use and one person remembers. Write them down together. Then hand over the whole job, not just the doing.

THE JOB	WHO REMEMBERS IT?	WHO DOES IT?	WHO OWNS IT NOW?
Bin day			
Milk and basics running out			
Appointments and phone calls			
Birthdays, cards and gifts			
Forms, bills and renewals			
Plans, invites and RSVPs			

1

Hand over the whole job

Remembering AND doing. "Helping" leaves the list in one head.

2

Put it where the owner can see it

A fridge board or a shared reminder. Let the system nag, not the person.

3

Ten minutes, once a week

Swap what is not working. A job nobody owns lands on one person.

This is one page of the toolkit. The Mental-Load Split has the full worksheet, 9 handover cards and a 10-minute weekly check-in.