

# The Mental Load Offloading Planner

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## Reclaim Your Brain Space

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Are you carrying 71% of the household's mental load? This planner is designed to help you externalize, delegate, and automate the "invisible labor" of running a family.

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### Step 1: The Brain Dump

*Write down every single task, appointment, worry, and to-do item floating in your head right now.*

Category	Task/Worry	Urgency (1-5)
Kids		
Home		
Work		
Personal		

### Step 2: The Delegation Matrix

*Review your Brain Dump. What can be handed off?*

- **Partner/Spouse Tasks:**
  - 
  -
- **Kids' Age-Appropriate Chores:**
  - 
  -
- **Outsource/Hire (if budget allows):**

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### **Step 3: The Automation Station**

*What repetitive tasks can you automate this week?*

- Set up Subscribe & Save for household essentials (toilet paper, diapers, pet food)
- Automate bill payments
- Create a recurring grocery delivery order
- Set calendar alerts for recurring school events/forms

### **Step 4: The “Good Enough” List**

*Identify three areas where you can lower your standards from “perfect” to “good enough” to save sanity.*

- 1.
- 2.
- 3.

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*Created for the modern, overwhelmed mom. You don't have to do it all.*