

Chores Workshop

5 Discussions

to

Get You on the Same Page About Chores

This PDF is a support document for Podcast Episode #20

Link to [the podcast here](#)

Try This

1

Make Invisible Visible

Use the chart on the following page to list all the jobs in your home. You won't remember them all today, but you can add to the list over time.

Notice the jobs your sweetheart does that you haven't recognized before.

Be gentle as you let your sweetheart know about the jobs you do that your sweetheart hasn't recognized.

2

Who Benefits?

You're both gonna benefit differently from various chores. Take time to discuss if a task is important to you.

If a you wouldn't care if a job didn't get completed, but an "X" in the benefits column.

If you realize you are the one who most benefits, but an "M" for me.

If you both benefit, put an "S" for the shared benefit you both get.

3

2 Magic Words:

Thank you!

4

Work Flow

The pace at which you like to get chores done will ebb and flow with life. But it does help if you talk about your tendencies.

Talk about when you TEND to like to clean the kitchen—keep up? or catch up? Do you TEND to like to make a big list for the grocery store and shop occasionally, or do you prefer to go to the store as needs arise?

Notice how the work flow impacts your relationship.

5

Relationship Building

Chores can be a time to build your relationship. I regularly hear from widows/widowers that one of the things they miss is the companionship of doing chores with their sweetheart.

Sometimes, though, a chore is a time to catch up on your podcasts or listen to music.

What are your preferences when it comes to each chore?



Meet Your Coach

Rebecca S. Mullen

I have big teeth and they show - all the way to my molars - when I laugh, which I do a lot. I like to wear sneakers and I believe a good mug is a great way to start the day, no matter what's inside. Warming my hands is the important part. I'm the first one to tear up when Mr. Darcy says, "I'm afraid you have been long desiring my absence." Lastly, almost any bad mood can be wiped away by changing the tablecloth on my dining room table.

I am a Master Certified Life Coach. I believe it is the smallest details of our lives that help us understand our souls. When we pay attention and notice those details without judgment, welcoming the mud and flowers alike, our greatest potential has room to expand with ease.



Accelerate your journey by slowing down your steps.