

# Household Responsibilities



## Current Responsibilities

Take a few minutes to evaluate how many hours you and your partner are putting into current responsibilities.

Some tasks are only required monthly, quarterly and yearly.

Only fill in one box per task, for example, if you chose to list weekly hours for job related hours worked, don't also fill in monthly, quarterly or yearly hours.

Estimate all time spent and compare totals at the bottom of the table.

A few lines have been left open for fill in the blank.

Partner #1 \_\_\_\_\_

Total Hours Worked: \_\_\_\_\_

Partner #2 \_\_\_\_\_

Total Hours Worked: \_\_\_\_\_

Partner #1

Partner #2

Task	Weekly	Monthly	Quarterly	Yearly	Weekly	Monthly	Quarterly	Yearly
Job Related Hours Worked								
Paying Bills								
Budgeting								
Taxes								
Managing Staff								
Mail								
Laundry								
Dishes								
Kitchen								
Bathrooms								
Dusting								
Windows								
Floors								
Landscaping								
Trash								
Car Maintenance								
Menu Planning								
Grocery Shopping								
Cooking								
Food Prep								
Total Hours								

The purpose of this worksheet is to encourage conversation regarding shared tasks to reduce feelings of resentment, inequality, being taken advantage of or unappreciated. If you discover it is not balanced, open the conversation to consider strengths and limitations of each partner in meeting specific tasks. If neither partner has strengths in a particular area, consider hiring help to manage those tasks.