

Strategies to Manage Life's Juggling Act Homework for Day 2

To prepare for Day 2 of the workshop, please complete the following:

1. List ALL of your responsibilities and number them (include everything you do - even if it's making the bed, doing the dishes, or watching TV - nothing is too small)
 - 1.
 - 2.
 - 3.
 - 4.
2. Look over the list you made in #1 and determine if the responsibility is:

Yours: put an "M" (mine) to the left of the number
Can be shared: put an "S" (shared) to the left of the number
Not your responsibility or doesn't really need to be done at all: put an "X" (not mine at all) to the left of the number
3. Look at all the items that have an "S" and determine who can share this responsibility with you. List EVERYONE that can share the responsibility below the task.
4. Look at the items that have an "X" and determine the person or people truly responsible and add the names below the task.

5. Goal setting - DO NOT DO THIS PART UNTIL THE DAY 2 SESSION
 - A. Come up with a plan for any shared task so you can present your plan to those you feel share the responsibility of this task
(example: I will clean up after dinner when I don't cook or come up with certain days of the week - schedules are a big part of alleviating stress)
 - B. Come up with a plan to have a conversation with those people that are actually responsible for tasks you are doing OR let go of anything you are doing that doesn't have to be done and is just adding stress.