

# Being the One Who Holds It Together

Put on paper everything you keep track of for your family, and how it is landing on you.

## WHEN TO USE THIS

Use this when you are the one who remembers everything and nobody seems to notice.

**Write or draw everything you are keeping track of. Fill the space.**

*Appointments, forms, birthdays, who needs what. All of it.*

**How much of this does anyone else in the house know about?**

0

1

2

3

4

5

6

7

8

9

10

Almost none

They know it all

**What would you want someone to say to you about all this?**

**Name one thing on that page you could show to someone else this week.**

*Showing it is the first step. Handing it over comes after.*

*This work is real work, even though it never appears on any list.*