

exercise

Splitting Household Chores

The way your family of origin handled household chores can have a profound influence on how the two of you split up the work—and on how you feel about it. Use this worksheet to illuminate the household roles you learned as a child—write in which parent (or sibling) did each job in each of your families. Then note whether you love, hate, or don't really care whether you do the task. Next, talk about how you'll divvy up the work in your own household: You, your spouse, shared, or even hired out.

Happiness tip: Talk about the definition of "doing" a particular chore—must dishes be done by a certain time after dinner? What counts as breakfast—pancakes, sausage, and a latte, or a Pop-Tart and instant coffee?

	Husband's Family	Wife's Family	You Feel	Who Does It?
Daily Tasks				
Prepare breakfast				
Cook dinner				
Set table				
Do dishes				
Do laundry				
Handle pet care				
Sort mail				
Water plants				
Make the bed				
Do errands				
Buy groceries				
Buy household supplies				
Return DVDs, videos, library books				
Pick up dry cleaning				
Mail parcels				
Indoor Chores				
Manage garbage/recyclables				
Clean the kitchen				
Clean the refrigerator				

	Husband's Family	Wife's Family	You Feel	Who Does It?
Clean the bathroom				
Vacuum				
Dust				
Change the sheets				
Replace lightbulbs				
Do small repairs				
Outdoor Chores				
Maintain cars				
Mow the lawn				
Rake leaves				
Plan/plant garden				
Do garden maintenance				
Do home maintenance				
Organize garage				
Family Paperwork				
Pay bills				
Deposit checks				
Manage investments				
Manage phone, cable, Internet accounts				
Manage insurance policies				
Make doctor/dentist appointments				
Manage charities/ volunteering				
Social				
Make weekend plans				
Arrange vacations				
Make restaurant reservations				
Send birthday and other cards				
Plan holidays				
Manage religious commitments				