The mental load

Hand off a whole job

An errand is one step. A whole job is all four. Pick three to hand off, and write who owns each one now.

Job 1 *New owner*

Noticing what tells you it needs doing

Deciding what choices come up

Doing

Following up how you'll know it's done

Start date

Job 2 *New owner*

Noticing what tells you it needs doing

Deciding what choices come up

Doing

Following up how you'll know it's done

Start date

Job 3 *New owner*

Noticing what tells you it needs doing

Deciding what choices come up

Doing

Following up how you'll know it's done

Start date

Things we're letting go of this month

Or say it to Lawna: "From now on, the dentist is Mike's. All of it. Remind him in March to book the cleanings."