

START HERE



Do you feel that your family communicates well with each other about your own specific needs?

NO

YES

Does the workload at home feel fairly distributed between you and your family members?

NOPE, I DO EVERYTHING

I THINK SO

No judgment...but when was the last time you took an "everything" shower?

I DON'T REMEMBER

TODAY

Do you currently have the ability to block out at least 1 hour to yourself per week?

NOPE

YESSS

If you had one whole day to yourself with no interruptions, what would you do?

CHORES. NOTHING IS GETTING DONE IN MY HOME...

TAKE A DANCE CLASS!

FAIR PLAY



Your time is diamonds!
It's time to redistribute the workload at home so both you and your partner/family have time to focus on the things that bring you joy!

HAPPINESS TRIO



Before you can focus on anything else, you need to prioritize taking care of yourself! If you feel like it's impossible to find time for a shower or a dinner date with a friend, skip to Fair Play.

UNICORN SPACE



You either have the time or need the inspiration to ask for time from your partner/family to do something that brings you joy outside of your roles as a parent, partner and/or professional!

The **FAIR PLAY** Method

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If you find yourself here, you are likely feeling overwhelmed by the mental to do list that never ends. In addition, you are carrying the majority of the household and care load in your home. It's exhausting!

When you are feeling overwhelmed it is easy to be resentful of your partner and to even find yourself exploding out of frustration and anger. But guess, what? That only leads to more frustration and anger and continues a cycle of rumination and resentment.

In order to get your partner on board, it is important to start from a place of calm and understanding. Start by your partner "Would you be open to having a conversation about how we get everything done in our home? When would be a good time for this conversation?"

HAPPINESS TRIO



You need a moment, a break, a way to connect to yourself and YOUR needs. If you find yourself craving the happiness trio, you are in luck!

You AND your partner both deserve the space and time for the three things that make up the happiness trio: self care, adult friendships, and Unicorn Space.

To get your partner on board so that you can gain some time for the happiness trio, try swapping! Try sharing with your partner, "we both seem like we need some time to ourselves! Why don't we each take a couple of hours this weekend to do something for ourselves? You can have Sunday morning and I'll take Saturday morning. What do you think?"

UNICORN SPACE



Everyone deserves JOY in their lives and Unicorn Space is that creative time to connect to YOU the person (not the parent, or partner, or professional, or...or...or).

When we are so caught up in all of those roles that we hold, it can be difficult to find the time and space to be curious about our Unicorn Space, but it can also be a lot of fun!

To get your partner on board, have some get curious together! Try asking questions that spark curiosity for both of you. "What would each of us do to reconnect to ourselves if we weren't so entrenched in our roles?" If there were no constraints around money, time, and/or care responsibilities how would you spend your time? What legacy would you want to create?

It can be fun to dream together! Next up, commit time for each of you to explore your Unicorn Space each week!