



Mental Load Inventory Worksheet

Make the Invisible Visible — and Start Letting It Go

✦ Instructions:

This worksheet is designed to help you identify what you're carrying mentally and emotionally—especially the things no one else sees.

Set aside 10–20 minutes to go through the sections honestly and gently. No judgment. Just awareness.

You can do this in one sitting or over a few days.

1 Daily Logistics You Track or Manage

What recurring details are you responsible for, even if you don't always execute them?

- Meals / grocery lists
- Childcare or school logistics
- Transportation / commuting schedules
- Appointments (yours + others')
- Medications / health needs
- Household chores / cleaning
- Errands / supplies
- Pets
- Other: _____

What do you handle that others assume just "happens"?

2 Emotional and Relational Labor

Think about how you hold space for others or smooth social dynamics.

- Managing moods / emotional tone in household or workplace
- Remembering birthdays, thank-yous, family obligations
- Anticipating others' needs (kids, partner, clients)
- Mediating or managing conflict
- Supporting others' mental/emotional well-being
- Other: _____

Where do you take responsibility for how others feel, even silently?

3 Work and Mental Multitasking

Beyond your job description, what mental tabs are open?

- Prepping for meetings or calls
- Managing team dynamics / leadership roles
- Client relationships / follow-ups
- Business logistics (if applicable)
- Remembering who needs what, when
- Task-switching and list juggling
- Other: _____

Where do you mentally overfunction to keep things moving?

4 What's Currently Feeling Heavy?

Take a breath and reflect: *What's weighing on me right now that I haven't said out loud?*

Write it down freely.

5 What Could Be Delegated, Shared, or Released?

Choose *just one or two* things you could let go of or ask for support with this week.

- I could delegate... _____
- I could share responsibility for... _____
- I could let go of the need to control... _____

✦ *You don't have to do it all to be enough*