

HOUSEHOLD CHORES — WEEK AT A GLANCE

Routines reduce stress.

*“What do I need to do each day in order to maintain my acceptable standard of cleanliness?”
 Break larger chores into smaller chunks (ex. instead of ‘dusting entire house’, dust 2 rooms per day.
 Or instead of having one child do the bathroom, have one do the toilet and floor,
 another the shower, and another the sink and mirror.)*

Chores:	Daily:
Monday:	
Tuesday:	
Wednesday:	
Thursday:	<i>Material Distractors to eliminate</i>
Friday:	<i>Time Distractors to eliminate</i>
Saturday:	<i>Monitor the use of your time... Are you spending it as you desire?</i>