



# Helping #radbossladies get their wills done for peace of mind!

## What is your mental load?

For the next week write down every type of task you do for work, family & in your personal life

Work	Family	Personal Life

Alternatively, complete the mental brain dump below. Once you are finished, get 3 different highlighters and categorise each item as either work, family or personal life.

**Delete**

**Delegate**

Continued...

Defer

Do

## Time to make a pledge!

I \_\_\_\_\_ pledge to:

## Action list

Action	Responsible Person	By When