



Processing Tool

Creating Systems of Support

Anchor Phrase: Delegation is a Powerful Form of Self-Care

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In this season of caregiving, your time and energy are being pulled in multiple directions. Every task you delegate frees up much-needed space in your day and your mind. However, delegation does not come easily to most people. To that end, if you haven't yet done the Reflection Questions for this chapter, consider pausing now and answering those before you proceed.

In the chart below, think through your daily household tasks. For each one, consider delegating it to your personal connections or to local businesses for this season. As you do this, remind yourself what might happen if you don't create a system of support. Note: if one of these tasks is a "bucket filler" for you, keep it!

	TASK	PERSONAL CONNECTIONS	BUSINESSES	BUCKET FILLER!
HOUSEHOLD	LAUNDRY			
	HOUSECLEANING			
	LAWN MOWING			
	WEEDING/PLANT CARE			
	SNOW SHOVELING			
	GARBAGE/RECYCLING			
	PICK UP MEDICATIONS			

	Task	Personal Connections	Businesses	Bucket Filler!
FOOD	MEALS			
	GROCERIES			
CHILDREN	CHILD CARE			
	HOMEWORK HELP			
	PLAYDATES			
PETS	DOG WALKING			
	LITTER BOX			
RIDES	DRIVE LOVED ONE TO/FROM APPOINTMENTS			
	DRIVE KIDS TO/FROM SCHOOL			
	DRIVE KIDS TO/FROM ACTIVITIES			
OTHER				