

# Nailing Practicalities



**Process**

(1) List all household tasks, (2) Decide which are absolutely essential (drop the rest), (3) Divide essential tasks between each other (and kids) in a way that makes you both feel supported in going after what matters to you, (4) Get everyone to agree their responsibilities and how often they need to get done.

Essential Tasks	Who will take responsibility and how often?

*This accompanies installment 6 of Couples That Work @ Home: The Survival Series*