## DAILY ANCHORS

Daily Anchors

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Choose 5-7 daily anchors. They should be made up of things you already have to do combined with things you want to do.


## ESSENTIAL CHORES

For younger children. Create 5-6 single or mini tasks that help remove roadblocks and re-set your daily cycles.

Chore
Name

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## ZONE CHORES

For older children. Create groupings of chores that help remove roadblocks and re-set your daily cycles. They can be centered on a physical space or a process like dishes or laundry.

Example: Zone 1: Living Room/Bathroom/Laundry
Zone Name

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## LUNCH MATRIX

| Day |  |
| :---: | :---: |
| Monday |  |
| Tuesday |  |
| Wednesday |  |
| Thursday |  |
| Friday |  |
| Saturday |  |
| Sunday |  |

Lunch Matrix Formula: Entree + Fruit + Veggie

## Entree Ideas:

Mac and cheese
Quesadillas
PB \& J
Snack Tray
Eggs and Muffins
Popcorn and Smoothies
Turkey and Cheese Roll-ups
Nachos
Cheese \& Crackers
Grilled Cheese

Hot dogs
Homemade Lunchable
English Muffin Pizzas
Snack Tray
Eggs and Muffins
Peanut Butter or Cream Cheese Toasts
Yogurt with Muffins
Smoothies and Chips with Guac
Bean and Cheese Burrito
Chicken nuggets

## DINNER MATRIX

| Day |  |
| :--- | :--- |
| Monday: |  |
| Tuesday: |  |
| Wednesday: Type |  |
| Thursday: |  |
| Friday: |  |
| Saturday: |  |
| Sunday: |  |

## Category Ideas:

| Take Out | Raid the Refrigerator |
| :--- | :--- |
| Mom's Choice | Pizza Night |
| Dad's Choice | Slow Cooker |
| Kids' Choice | Sandwich Night |
| Snack Tray | One Dish Meal |
| Breakfast for Dinner | Meat and Potato |
| Soup | Frozen/Boxed Food Night |
| Salad | New Recipe |
| Pasta | Meatless |
| Mexican | Leftovers |
| Grill Out | Burger Night |
| International | Italian |

## ON THE MENU

| MON |
| :--- |
| TUE |
|  |
| WED |

FRI

| SAT |
| :--- |
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|  |
|  |
| SUN |

SHOPPING LIST


## HOUSEWORK TRIAD WORKSHEET

Daily Cycle Questions
1.) What processes do I need/want to reset daily? (Ex: laundry/dishes)
2.) What spaces do I need/want to reset daily? (Ex. dining room table)
3.) What tasks make our home feel peaceful and comfortable?

Daily Spaces to Reset
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Seasonal Cycle Questions
1.) What things in my house need a periodic holding place until I can make decisions about them? (Ex: paperwork, artwork, outgrown clothes, baby gear.
2.) What containers or spaces can act as my holding places for those things? (Ex: wire basket, the basement or garage)
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Irregular Task Questions
1.) What functions in my home can I intentionally postpone or do sporadically asneeded? (Ex: bathrooms, baseboards, mopping, sheets)
2.) How can I prepare and remove roadblocks for when I choose to do that task? (Ex: cleaning caddies in each bathroom, a set of clean sheets in each bedroom closet)
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