

# Home Management Worksheet

## Reflect

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Questions to consider:

- What are my expectations? Who am I trying to please?
- What can I do to show love to members of my household?
- What aspects of running my home give me great joy?
- What aspects of running my home cause tension, irritation and/or stress?
- What aspects of interacting with my family, or those in my household, give me great joy?
- What aspects of interacting with my family, or those in my household, cause tension, irritation and/or stress?
- What do I want to do, but haven't been able to?

## Document

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Questions to consider:

- What rhythms or routines (conscious or unconscious) am I currently in? For example, how does the laundry get done, the grocery list get made or meals get on the table?
- What is working?
- What is **not** working?
- What tasks need done and when?
- Who is available to help complete these tasks? And am I willing to release responsibility to those people?

# Experiment

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Questions to consider:

- What am I willing to let go?
- Who do I need to consult and/or include in these experiments? For example, if you're married, you will want to include your spouse. If you have elementary school children, ask for their input. If you're single and living with roommates, talk with them.
- When will I invite them to brainstorm and consult with me?
- What processes can I implement to help manage these tasks?
- What aspects of joy can I infuse into my rhythms?
- When can I set aside time to plan? Evaluate?

# Implement

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Questions to consider:

- Where and when will we start?
- When will we re-evaluate?

Michelle Leichty is the Communication Director at Covenant Church, West Lafayette, Indiana. She learned the importance of establishing healthy rhythms at home while homeschooling her four children and re-learned their importance after transitioning into the workplace when her children were teens. You can reach her at [mleichty@covenantpc.org](mailto:mleichty@covenantpc.org).