DELEGATION DASHBOARD

A Simple Plan for Your Weekly Tasks

From Caregiver Winter Fatigue to Spring Renewal

The Rule: If someone offered help, today is the day to assign them a block!

THE LOGISTICS & ERRANDS BLOCK

- [ ] GROCERY CAP: LIST SPECIFIC ITEMS
- [ ] PHARMACY RUN: PRESCRIPTIONS
- [ ] POST OFFICE: RETURNS

THE HOUSEHOLD MAINTENANCE BLOCK

- [ ] THE 20-MINUTE TIDY: FOLD LAUNDRY/CHAT
- [ ] MEAL PREP DUO: PREP FREEZER MEALS
- [ ] YARD REFRESH: CLEAR DEBRIS

THE RESPITE & CONNECTION BLOCK

- [ ] THE ‘ONE-HOUR ESCAPE’: WALK/NAP TIME
- [ ] THE DIGITAL LIASON: SEND UPDATES

YOUR WEEKLY ‘70% RULE ‘ AUDIT

STOP

- [ ] TASK TO DELETE: DEEP CLEAN
- [ ] TASK TO DELEGATE: PICK FROM BLOCKS ABOVE
- [ ] THE 60-SECOND ACKNOWLEDGEMENT: 1 THING I DID WELL TODAY

CAREGIVER NOTE: When you delegate, you aren’t ‘bothering people. You are giving the a clear way to show they care.