FREE PRINTABLE

Where does my week go?

Caring, managing, self-care and recharging

As a parent, you are often a caregiver, organiser, employee, partner and person all at once. This exercise shows how much space each of those roles receives - and whether you and your recovery actually appear in your week too.

CARING FOR OTHERS

Care, attention and emotional availability for children, your partner, family or other people.

TASKS & RESPONSIBILITIES

Work, housework, life admin, appointments and everything that keeps the week running.

CARING FOR MYSELF

Anything that supports your health, boundaries, needs, enjoyment or personal growth.

RECHARGE & RECOVERY

Time intended to refill your battery: sleep, doing nothing, slowing down, solitude or decompression.

Recharging is a verb too.

It is not a reward you earn once everything is finished. Without recovery, your system runs empty. In this exercise, you may simply call 'doing nothing' RECHARGING.

More colours = more insight

Something can be enjoyable and still drain you. Combine colours and use the battery check to discover what genuinely recharges you.

My planned week

Fill in what you expect to do and give each time block one or more colours.

Plan recovery too - not just responsibilities.

CARING FOR OTHERS | **TASKS & RESPONSIBILITIES** | **CARING FOR MYSELF** | **RECHARGE & RECOVERY**

BATTERY CHECK: ♡ enjoyable / meaningful | + actually recharged | - drained energy

Combine freely: something can be ♡ and -.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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07.00							
08.00							
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My actual week

At the end of the week, record what you actually did, including interruptions, unexpected events and recovery.

What actually happened to your time and attention?

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What does your week tell you?

Place your planned and actual week side by side. Look with curiosity, not blame. A week overflowing with care says nothing about your worth - but it does reveal something about what your system is trying to carry.

1 **Which colour takes up the most space? And which takes up the least?**

2 **Which activities were enjoyable or meaningful, yet still drained your energy?**

3 **What did you plan as recharging time that did not refill your battery?**

4 **Which moments unexpectedly did recharge you?**

5 **Which care tasks or responsibilities could you share, simplify, postpone or let go?**

6 **What did you call 'doing nothing' while your system was actually recharging?**

My recharge moment for next week:

Make it small and specific. Not: 'get more rest', but for example: take a twenty-minute walk alone after dinner on Tuesday.