

 WORKSHEET

The One-Evening Test

Filled-in example from *The Fair Household Workbook* · the blank, printable worksheet is in the full workbook

List everything you did today to keep the household running. For each item, fill in the invisible steps around it. Do not show this to anyone yet.

What I did	Notice (what told me it was needed?)	Remember (what did I hold in my head?)	Arrange (what did I have to decide or book?)	Do (what did my hands do?)
Example: bread rolls	Saw the bag was nearly empty	Kept it in mind until the evening	Chose where to stop on the way home	Bought them
<i>Sign the school trip form</i>	<i>The note was sticking out of Adam's bag</i>	<i>Deadline is Friday and the 15 euros must be cash</i>	<i>Found the cash, decided to sign it at breakfast</i>	<i>Signed it, put it back in the bag</i>
<i>Dinner for four</i>	<i>4 p.m. and nothing was planned</i>	<i>Ema skips peppers, Adam has football at six</i>	<i>Switched to pasta and moved dinner to 5:30</i>	<i>Cooked, served, cleared up</i>
<i>Dentist for Ema</i>	<i>The reminder card on the fridge</i>	<i>Last visit was in April, bring the insurance card</i>	<i>Compared three slots with Marek's shifts</i>	<i>Booked Thursday at 3:30</i>
<i>Laundry</i>	<i>Basket full, no clean towels left</i>	<i>Adam's football kit is needed on Saturday</i>	<i>Planned two loads around the rain forecast</i>	<i>Washed, hung, folded</i>
<i>Gift for Marek's mother</i>	<i>Calendar alert two weeks ahead</i>	<i>She mentioned a scarf, and what we gave last year</i>	<i>Picked it online, chose the delivery day</i>	<i>Ordered and wrapped it</i>
<i>Swimming bag for Ema</i>	<i>Tomorrow is her swimming day</i>	<i>The goggles were still wet from last week</i>	<i>Dried them overnight, checked the towel</i>	<i>Packed the bag</i>

What ran in my head all day that no camera would have caught?

The shopping list, the dentist card, the school form, and who would remember the swimming goggles. I carried all of it from breakfast to bedtime, and nobody saw any of it.