What Am I Carrying?

A quiet check-in for a solo parenting season.

This is not a worksheet to finish. Read, circle, underline, write, or simply notice. Stop when you have enough. Reflection is allowed to give you clarity without producing a plan.

ARRIVE HERE

Right now, my capacity feels:

- [ ] Running on fumes
- [ ] Stretched
- [ ] Managing
- [ ] Steady
- [ ] More room than usual

What is taking up the most space in my head today?

WHAT AM I CARRYING?

- [ ] Practical logistics
- [ ] Money
- [ ] Work
- [ ] Children's needs
- [ ] Decisions
- [ ] Relationships / co-parenting
- [ ] Home
- [ ] Uncertainty
- [ ] Grief or change
- [ ] My own wellbeing
- [ ] Something else

If I name just one thing clearly, it is:

You do not have to decide what to do with everything yet. First, let the load become visible.

ME | What is actually mine to carry?

Some responsibilities genuinely belong to you. Others may only feel fixed because you have been carrying them for so long. This page is about distinction, not blame.

WHAT GENUINELY BELONGS TO ME RIGHT NOW?

WHAT COULD SHIFT?

Could any part of the load be:

- ☐ Reduced
- ☐ Shared
- ☐ Postponed
- ☐ Redesigned
- ☐ Dropped for now
- ☐ Not sure yet

One responsibility that might be lighter if I changed the way it is done:

WHAT IS NOT CHANGEABLE RIGHT NOW?

Naming something as unchangeable is not giving up. It can stop you spending precious energy treating a fixed reality like a planning failure.

MY CHILD | What might they be carrying?

A child may show change through clinginess, irritability, silence, argument, tiredness, extra independence, or something subtler. A signal gives information; it does not automatically decide what you must do next.

WHAT HAVE I NOTICED LATELY?

What might be underneath?

- [ ] Tiredness
- [ ] Hunger
- [ ] Missing someone
- [ ] Transition
- [ ] Worry
- [ ] Disappointment
- [ ] Loneliness
- [ ] Need for control
- [ ] Overstimulation
- [ ] Ordinary mood
- [ ] I don't know yet

WHAT MIGHT HELP WITHOUT FIXING EVERYTHING?

- [ ] Predictability
- [ ] Reassurance
- [ ] A clear boundary
- [ ] Practical help
- [ ] Time alone
- [ ] Play / lightness
- [ ] One-to-one attention
- [ ] Food / rest
- [ ] Movement
- [ ] Conversation
- [ ] No action yet

One small connection point I could offer this week:

OUR CIRCLE | Where could support come from?

Support does not have to look like a large village. Sometimes it is one person, one flexible arrangement, one useful service, or one small ask that makes a particular day easier.

WHO IS ALREADY IN OUR ORBIT?

Person / place 1

Person / place 2

Person / place 3

Person / place 4

Person / place 5

Person / place 6

WHAT KIND OF HELP WOULD ACTUALLY HELP?

- [ ] Drop-off / collection
- [ ] Childcare
- [ ] A meal
- [ ] Transport
- [ ] A practical task
- [ ] Listening
- [ ] Information / admin
- [ ] Companionship
- [ ] Work flexibility
- [ ] Something else

One small ask that would make one day easier:

Specific is easier to answer than broad. “Could you collect her on Thursday? I will be home by 4:30.” is a smaller doorway than “I need more help.”

Support outside my immediate circle that may be worth checking:

- [ ] School / childcare
- [ ] Workplace
- [ ] Community
- [ ] Faith community
- [ ] Professional support
- [ ] Financial / benefits support

PROTECT + NEXT | What deserves my next bit of energy?

Reflection should not leave you with a longer list. Let it help you decide what matters, what can wait, and what needs protecting in this season.

WHAT NEEDS PROTECTING?

- [ ] Sleep / rest
- [ ] Regular meals
- [ ] My child's routine
- [ ] Finances
- [ ] Work commitments
- [ ] Health appointments
- [ ] Quiet / recovery time
- [ ] Movement
- [ ] Important relationships
- [ ] Spiritual practice
- [ ] My child's key relationships
- [ ] Something else

THE NEXT TEN PERCENT

One thing I could reduce:

One thing I could ask for:

One thing I want to protect:

One thing I can leave unsolved today:

Today, enough could look like:

You do not have to solve everything you notice. The purpose of reflection is not to create more work. It is to see more clearly what deserves your next bit of energy - and what can remain unfinished for now.

Clarity is allowed to be enough for today.