InclusiveEd

VISUAL TOOLS FOR PERSONAL DEVELOPMENT

# MY INVISIBLE MENTAL LOAD

1. EVERYTHING I'M REMEMBERING

2. EVERYONE I'M WORRYING ABOUT

3. THINGS I'M ORGANISING

4. THINGS I'M PUTTING OFF

MY INVISIBLE MENTAL LOAD

5. EMOTIONAL LABOUR

6. WORK

7. MONEY

8. WHAT CAN I LET GO/DELEGATE?

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