

## CLARIFY • MAPPING WORKSHEET

# The Invisible Load — a map.

*The thinking work around the doing work. Unnamed, it cannot be shared; named, it can be redistributed. Map one ordinary week.*

NAME

WEEK BEGINNING

## Anticipating

What you see coming before anyone else does — needs, dates, risks, moods.

## Monitoring

What you track so it doesn't fall — people, progress, supplies, states.

## Deciding

The choices routed through you by default — meals to money to logistics.

## Absorbing

What you take in so others don't have to — friction, feelings, fallout.

## Now sort it

From everything above: what stays with you by choice, what could be shared, and what could stop entirely.

MINE, BY CHOICE

COULD BE SHARED

COULD STOP

ONE MOVE

One item, moved this week — named, handed over, or stopped: