

## **TO DO list for figuring out what YOU need**

- *Be honest with yourself about what makes you happy and fulfilled. Write a list and include minimum conditions – I need at least an uninterrupted hour per day to write or I'm going to be more frustrated than not writing at all.*
- *Ask your co-parent (or your child-rearing 'village members' if you're so lucky as to have more than one) to make up their list for what makes them happy and fulfilled.*
- *If your kids are old enough or mature enough – or you rely on them to help with house, siblings, etc – ask them to make lists as well. (These could be verbal lists or casual discussions...if asked, my kids usually each name one to three items that really matter to them and several of them hate to write.)*
- *Share your lists. It's helpful to know what everyone is thinking, and sometimes there's a simple fix, such as 'parent goes out on Tuesday to book club, other parent and oldest child will split cooking and bedtime chores'. My family decided to establish 1:30-2:30pm as Quiet Time for me to write (it expanded from there, but they've decided they all like the Quiet Time).*
- *If your co-parent (or kids) aren't really on-board with making lists and discussing things, it's possible to re-organize life to some extent 'on the sly.' More about that in upcoming chapters!*
- *Don't accept a sucky situation. If you're unhappy – or your co-parent is – something is going to give. If that's the homeschooling and it improves your family's life, that's fine. But don't drop homeschooling unless that's going to be a fix for what's wrong!*
- *And most important: REMEMBER!  
It's not just about everyone else.  
It's about you, too!*