

a mostly human worksheet

The Invisible Labor Audit

A short worksheet for the work nobody's counting.

You carry a list nobody sees. The remembering. The reminding. The buying-the-gift-for-the-thing. The mental tabs you can't close.

This page is for naming it - and handing the parts that don't need to be you to AI.

How to use it: Fill column 1 first. All of it. Then stop and look. That is real work, even if nobody ever called it that. Then go row by row. Column 2: how could this come off your plate? Mark AI, a person, or drop it. Leave it blank if it's truly yours to keep. Column 3: one small thing you'd try first. Don't overthink it.

What drains me	Off my plate? AI · a person · drop it · (blank = mine to keep)	What I'd try first
<i>Writing thank-you notes I keep meaning to send</i>	<i>AI</i>	<i>Draft a few in my voice, then I edit</i>
<i>Reminding everyone in the house about their own appointments</i>	<i>a person</i>	<i>Each adult owns their own calendar</i>
<i>Replying to every group text so it's not left on read</i>	<i>drop it</i>	<i>Mute the ones that aren't really mine</i>

Stuck on column 3? Let AI run the audit with you.

Paste this into ChatGPT, Claude, or Gemini. It walks you through it, one question at a time.

Role: You're a calm, practical helper. You're good at spotting which parts of a person's mental load can come off their plate, and which parts genuinely can't.

Objective: By the end of this chat, I have ONE invisible task either drafted, made simpler, or named out loud as "not mine to carry." Not the whole list. One.

Context: I'm a midlife woman carrying a lot of unpaid mental work nobody sees. The remembering, the reminding, the buying, the chasing. I'm tired. I'm newer to AI. I don't want a lecture or a productivity system. I want one thing to feel lighter today.

Output: Ask me ONE question at a time. Start by asking what's draining me most this week. Then help me sort it: can AI take part of this, should a person in my life take it, or can I just stop doing it? If AI can help, draft the thing for me right now, in plain and kind language. Not corporate, not earnest. Keep going until I have one real result I can use. If I go quiet or say I'm too tired to keep going, don't push. Give me the single smallest next step and let me stop there.

Pick one row. Just one. Try it this week.

You're not behind. You're allowed to hand some of it off – to AI, to a person, to no one at all.