



METROPOLITAN MARRIAGE & FAMILY THERAPY, PLLC
www.MetroRelationship.com

Relationship Collaboration System

Set Up a Satisfying Collaboration in Your Relationship

Do you find that you trigger each other, get into silly fights, and experience drama, chaos, and lack of progress in your life because you are not on the same page about creating your Joint Life? This is because there is a lack of clarity around what kind of life you want to create and how to achieve it together. Set up your collaboration today!

Chore, Task or Responsibility	NOTES	Expectations (Frequency, timing, other details)	Owner (Either partner, outsourced, TBD)
1. Laundry	1. _____	1. _____	1. _____
2. Grocery shopping	2. _____	2. _____	2. _____
3. Meal prep, cooking	3. _____	3. _____	3. _____
4. Dishes, kitchen counters and stovetop	4. _____	4. _____	4. _____
5. Making beds and tidying up bedrooms	5. _____	5. _____	5. _____
6. Tidying up bathrooms, living room and other shared spaces	6. _____	6. _____	6. _____
7. Dusting and wiping down all surfaces	7. _____	7. _____	7. _____
8. Watering indoor plants	8. _____	8. _____	8. _____
9. Vacuuming, mopping	9. _____	9. _____	9. _____
10. Taking out the garbage	10. _____	10. _____	10. _____
11. Taking out the recycling	11. _____	11. _____	11. _____
12. Other laundry (bedding, rugs, etc)	12. _____	12. _____	12. _____
13. Cleaning bathrooms	13. _____	13. _____	13. _____
14. Watering outdoor plants	14. _____	14. _____	14. _____
15. Yard work, other outdoor upkeep	15. _____	15. _____	15. _____
16. Car/s related	16. _____	16. _____	16. _____
17. Errands	17. _____	17. _____	17. _____
18. Other shopping	18. _____	18. _____	18. _____
19. Budgeting, financial organization, bill pay	19. _____	19. _____	19. _____
20. Other important documents upkeep and organization	20. _____	20. _____	20. _____
21. Doctors and other appointments	21. _____	21. _____	21. _____
22. Vacation, parties, activities, camps, and other planning	22. _____	22. _____	22. _____
23. Packing, unpacking	23. _____	23. _____	23. _____
24. Backpacks, lunches, uniforms, school activities/misc	24. _____	24. _____	24. _____
25. Children pickup and drop off	25. _____	25. _____	25. _____
26. Children HW, other	26. _____	26. _____	26. _____
27. Children bedtime routine	27. _____	27. _____	27. _____
28. Pet related	28. _____	28. _____	28. _____
29. Home maintenance	29. _____	29. _____	29. _____
30. Managing contractors, service providers, other	30. _____	30. _____	30. _____
31. Setting up and guiding yearly Visioning, Strategy and Goal Setting session	31. _____	31. _____	31. _____
32. Setting up and guiding monthly and quarterly Resets	32. _____	32. _____	32. _____
33. Setting up and guiding Relationship Enrichment	33. _____	33. _____	33. _____
34. Other/Project _____	34. _____	34. _____	34. _____
35. Other/Project _____	35. _____	35. _____	35. _____

Feel free to tailor to your own life, lifestyle, and situation. Review and revise as necessary. Best wishes!