The Invisible Load Reset

Finding Peace When Your Mind Never Clocks Out

> *"Casting all your care upon him; for he careth for you."*
> **1 Peter 5:7 (KJV)**

Own the whole loop: Notice, Plan, Do, Follow Through

Pick one household job. Use the four blocks below for a 20-minute reset.

0–5 min | Make the work visible

Write who notices, plans, does, and follows through on recurring household work.

5–10 min | Find one sticking point

Choose one job with unclear ownership or too much to remember.

10–15 min | Redesign the loop

Propose a willing owner and define done. On your own? Try one simpler default or reminder.

15–20 min | Write down the change

What will change? Who owns it, what counts as done, and when will you check in?

My one small step today

A prayer to close

Lord, You know what I'm carrying. Help me see what needs my attention today, ask for help where I can, and trust You with what I cannot control. Amen.