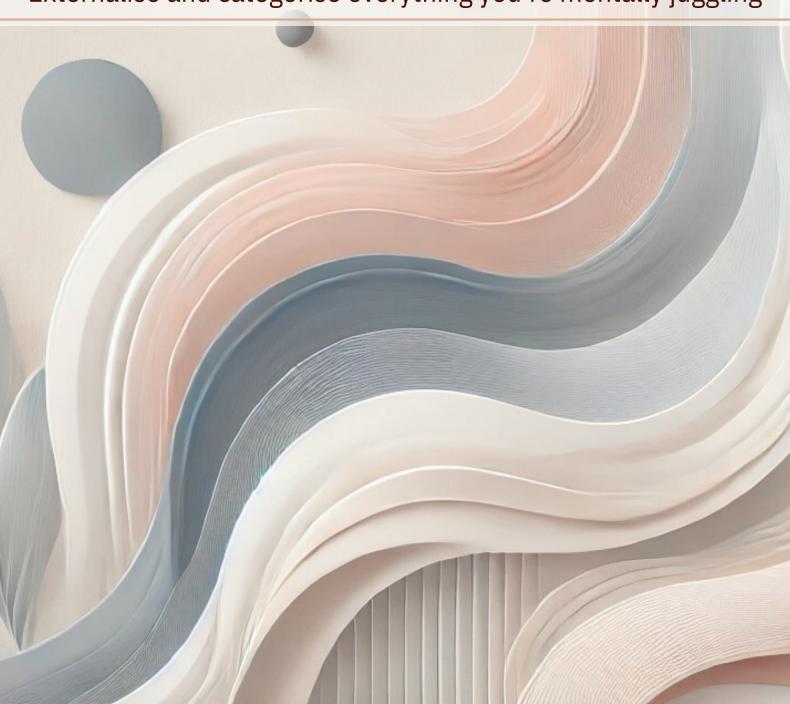


The Mental Load Map Externalise and categorise everything you're mentally juggling



Mental Load Map

Clarity is the first step toward change. Once you see it clearly, you can stop carrying it all alone



The Mental Load Map is a self-assessment tool for identifying and untangling invisible stress.

This worksheet is designed to help you externalise your overwhelm — to get the never-ending mental chatter out of your head and into one clear place.

Once you can see it clearly, you can start to carry it differently.

How to use:

Take a moment. Breathe.

You don't need to fix anything right now — just notice what's taking up space.

For each category below, list what's currently on your mind

SECTION 1: Mental To-Do List:

The things that buzz around your brain all day.

- "I need to reply to that email..."
- "Must book the appointment..."
- "Don't forget to grab milk..."

rite them down here:		

SECTION 2: Emotional Labour



The invisible mental work of caring for how others feel and managing relationships. Remembering birthdays.

Smoothing over awkward moments.
Planning for "how someone might react."

hat emotional r —————					
the little tasks	that make a ho	Life A		until they'	re not do
indry, grocerie ms, schedules intenance, err	that make a hos, cleaning s, budgeting ands, bills			until they'	re not dc
indry, grocerie ms, schedules intenance, err	that make a hos, cleaning s, budgeting ands, bills			s until they'	re not do
indry, grocerie ms, schedules intenance, err	that make a hos, cleaning s, budgeting ands, bills			s until they'	re not do
indry, grocerie ms, schedules intenance, err	that make a hos, cleaning s, budgeting ands, bills			s until they'	re not do
indry, grocerie ms, schedules intenance, err	that make a hos, cleaning s, budgeting ands, bills			s until they'	re not do
indry, grocerie ms, schedules intenance, err	that make a hos, cleaning s, budgeting ands, bills			s until they'	re not do
indry, grocerie ms, schedules intenance, err	that make a hos, cleaning s, budgeting ands, bills			s until they'	re not do
undry, grocerie ms, schedules intenance, err	that make a hos, cleaning s, budgeting ands, bills			s until they'	re not do
undry, grocerie rms, schedules intenance, err	that make a hos, cleaning s, budgeting ands, bills			s until they'	re not do
undry, grocerie rms, schedules iintenance, err	that make a hos, cleaning s, budgeting ands, bills			s until they'	re not do
undry, grocerie rms, schedules iintenance, err	that make a hos, cleaning s, budgeting ands, bills			s until they'	re not do
the little tasks undry, grocerie irms, schedules aintenance, err hat's swirling a	that make a hos, cleaning s, budgeting ands, bills			s until they'	re not do

SECTION 4: Relationships & Family



The things on your mind about the people you love — and the ones you find tricky.

"Is my child okay lately?" "My partner seems off." "Should I call Mum?" Who's on your mind and why? SECTION 5: Work & Responsibilities Professional, personal, volunteer roles — and any pressure attached to them. "I need to deliver that thing." "I don't want to let them down." "I'm falling behind." Where do you feel behind or stretched?

SECTION 6: Worry Loops



Thoughts you revisit again and again... but never seem to move forward with.

Thoughts	yourc	VISIL	agaiii	and	agam
"Should I	make:	that	chang	e?"	_
01100101			ححو	,	

"What if I mess it up?"
"Am I doing enough?"

digiits die	draining your			 	
igh conversation own health	meaning to do n ou're avoiding	eal with b	YOU'VOU'L		
ng a decision y	ou're avoiding		ut haven't.		
ng a decision y	ou're avoiding		ut haven't.		
ing a decision y	ou're avoiding		ut haven't.		
ng a decision y	ou're avoiding		ut haven't.		
ng a decision y	ou're avoiding		ut haven't.		
ng a decision y	ou're avoiding		ut haven't.		
ng a decision y	ou're avoiding		ut haven't.		
ng a decision y	ou're avoiding		ut haven't.		
ng a decision y	ou're avoiding		ut haven't.		
ng a decision y	ou're avoiding		ut haven't.		
ing a decision y	ou're avoiding		ut haven't.		
ing a decision y	ou're avoiding		ut haven't.		
ugh conversation of the co	ou're avoiding		ut haven't.		



Reflection

- What are you carrying that nobody sees?
- What category felt the heaviest to write?
- Which 1–2 things could you stop doing... or ask for help with?

ou don't have to keep carrying it all alone."							

Want support working through it?

This is exactly what coaching is for. You don't need to figure it all out alone.

If you'd like to chat through what came up and where to go next, book a free Clarity Call.

There's no pressure, just a warm, honest conversation about what you want, and whether coaching might help.

Book your free Clarity Call here nextchaptercoaching.com.au/book-free-clarity-call

You don't need a plan. Just bring yourself. I'll meet you there.