



Outline your household preferences

When planning for how the household management of a new living situation will work, it can be helpful to think about the situations that you have encountered before.

Use this worksheet to outline the things that have helped you to feel organised or comfortable in the past, and the things that have caused stress, then use this information to inform your planning for your new living situation.

Note: You may not have experience with all the categories listed in this exercise. If that is the case, choose whether you want to leave these sections blank or write down what you anticipate your preferences will be.

STEP 1 Considering any of your previous living situations, for each category write down the things that have contributed to you feeling organised and comfortable **A**. Use additional paper if necessary.

STEP 2 Similarly, write down the things that have caused you stress or made you feel uncomfortable **B**.

For example, you may have found it useful to plan your meals a week in advance so that you know what you will need for your weekly shop. Or, you may have found it stressful to have to plan food with others and prefer to manage your own food separately.

	A <i>What things have helped you feel organised or comfortable?</i>	B <i>What has caused stress or made you uncomfortable?</i>
<i>Household systems</i> e.g. rosters, house rules, meetings		

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table continues from previous page...	What things have helped you feel organised or comfortable?	What has caused stress or made you uncomfortable?
Food preparation e.g. shopping, cooking		
Indoor chores e.g. cleaning, dishes, laundry		
Outdoor chores e.g. gardening, rubbish		

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table continues from previous page...	What things have helped you feel organised or comfortable?	What has caused stress or made you uncomfortable?
Household admin e.g. paying bills, household purchases		
Daily routines e.g. curtains, locking doors, answering the door		
Other		

Once you have completed this worksheet, keep it on hand. You will use it when you get to the next worksheet: **Create a plan for your household.**