

Relationships

SUCCESS+

# WORK-LIFE BALANCE WORKBOOK FOR COUPLES

**Reclaim Your Work-Life Harmony Together**



# Tired of feeling like ships passing in the night?

Prioritize your relationship and both of your careers with our workbook designed to help couples navigate the hectic pace of modern life.

Discover the practical tools and strategies to create a harmonious work-life balance, strengthen your bond, and together, chart a course toward a more fulfilling life.

## How to Use This Workbook

*This isn't a solo activity...*

Set aside dedicated time to work through the exercises with your partner. Each section is designed to spark open communication and collaborative planning. Inside, you'll find:

- Questions to prompt discussions
- Activities to complete side-by-side
- Space to record your shared agreements
- And more actionable insights!

This does not need to be finished in one sitting. We encourage you to go at your own pace!

This could mean planning for 10 minutes here and there—or going all in on a date night.

The most important thing to keep in mind is to be open and honest with one another. Pay attention to how you are responding to each question, and check in with yourself.

If things begin to feel overwhelming, it's OK to stop. Then, begin again whenever you both feel ready.

Let's start the journey of creating a solid plan for a more peaceful and rewarding life together.



# STEP 1: PRIORITIZE

Agree on a model for career and familial priorities, and receive actionable advice tailored to each approach.

*Does one partner's career take precedence over the other's?*

## Primary Secondary Model

This is when one partner has a particularly demanding or time-sensitive career, or when one partner has a strong preference for a specific family role.

### Pro Tips

- Ensure that neither partner is shouldering an unfair burden.
- Address potential feelings of resentment or sacrifice to ensure no one feels as though they are missing out on work or family opportunities.
- Be open to re-evaluating who works and who is at home as circumstances change.

*Do you take turns prioritizing your careers?*

## Turn-Taking Model

This is when both partners value career and family equally and would like to experience both sides of the equation. One partner works while the other stays home—and then they swap.

### Pro Tips

- Establish clear expectations and timelines for each partner's return to work.
- Be prepared to adjust the timeline as needed.
- Provide emotional and practical support during each partner's busy work period.

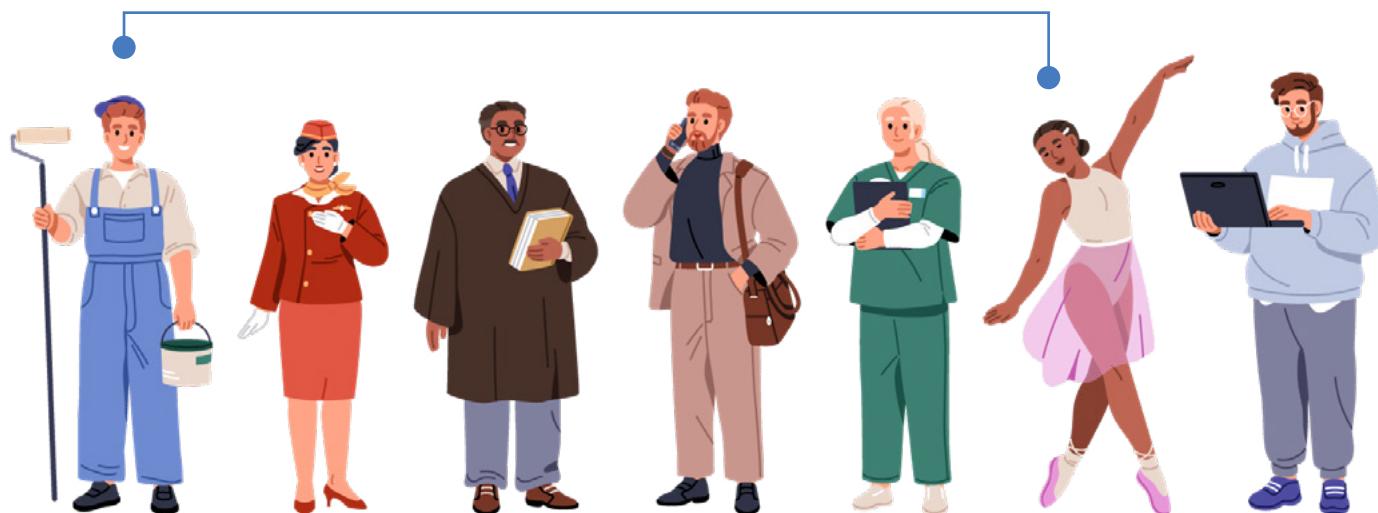
*Are you each pursuing demanding careers simultaneously?*

## Double-Primary Model

When both partners are fully invested in their professional lives.

### Pro Tips

- Divide household duties equitably.
- Maintain open and honest communication to address stress and challenges.
- Be willing to adjust schedules and priorities as needed.
- Utilize daycare, eldercare, pet care, and other support services to alleviate stress as needed.



## STEP 2: COMMUNICATE

**Openly discuss your values, boundaries, fears, and hopes.**

What do we value as a couple?

What worries us about how work might affect our relationship?

How can we talk openly about what we need from each other, especially when work gets busy?

## STEP 2: COMMUNICATE

How can we support each other when we're feeling stressed or overwhelmed?

What are some things we wish we could do together (e.g., trips, hobbies, etc.)?

Which types of situations should be uninterrupted by work?  
Are there any specific times or activities that we should try to keep work-free?

## STEP 2: COMMUNICATE

How can we make sure we stick to our plan of keeping specific times and activities work-free?

What can we do to minimize distractions from work during our downtime?

What are the sacred spaces of our home that are work-free zones for relaxation and clarity?

# STEP 3: VISUALIZE YOUR TIME

Map out your average week side-by-side. Include both personal and professional obligations to find those moments of alignment.

	Partner 1's Name	Partner 2's Name
SUNDAY		
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		

## Pro Tips

- Use a shared digital calendar to coordinate schedules, appointments, and family commitments.
- Block out "couple time" in your schedules. This could be for date nights, shared hobbies—or simply quality time together without distractions.
- Color-code your activities (e.g., work, family time, personal time, couple time) to quickly identify how your time is being spent and where adjustments might be needed.

# STEP 4: DIVVY UP YOUR SHARED RESPONSIBILITIES

Establish healthy expectations regarding who does what.

Clearly define and divide shared household tasks and responsibilities.  
This will promote fairness and reduce potential conflict.

## Instructions

- Start by creating a list of all the tasks you share as a couple. This may include things such as shopping for groceries, cooking, cleaning, laundry, yard work, paying bills, managing finances, taking care of pets, and any other shared duties.
- Write a list of shared duties in the middle column of the Shared Responsibilities Chart on the next page.
- Designate one side to each partner by adding one name at the top of the left side, and the other name at the top of the right side.
- Once you've agreed on who will take ownership of a task, that person can simply sign their initials beside that duty on their side of the page. This creates a clear visual representation of who is responsible for what.

## EXAMPLE:

Jane Doe <small>Partner 1's Name</small>	Responsibilities	Lorem Smith <small>Partner 2's Name</small>
J.D.	Mowing the Yard	
	Cleaning the Kitchen	L.S.



*Remember, this isn't about rigidly dividing tasks forever; it's about creating a starting point for discussion and establishing clear expectations. You can always revisit and renegotiate responsibilities as needed.*

# STEP 4: DIVVY UP YOUR SHARED RESPONSIBILITIES

# STEP 5: LOVE, LIFE, AND WORK CONTRACT

We, \_\_\_\_\_ and \_\_\_\_\_,  
Partner 1's Name Partner 2's Name,

**agree to the following terms and conditions of our love, life, and work contract:**

## Article 1: Date Night Delight

We promise to schedule at least \_\_\_\_\_ date nights per month.  
Number

These nights will be dedicated to quality time, laughter, and romance. No work talk allowed!

## Article 2: Adventure Awaits

We commit to trying at least one new thing together every \_\_\_\_\_  
Time period

This could be a new hobby, a new restaurant, or a new experience.

## Article 3: Self-Care Sanctuary

We agree to prioritize self-care and support each other's efforts.

This includes, but is not limited to, the following:

- |                                     |                                |                                |
|-------------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> Yoga       | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Meditation | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Reading    | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Exercise   | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

## Article 4: Tech-Free Time

We will designate specific times each week as "tech-free zones"  
and focus on fully connecting with one another.

## Article 5: Annual Getaway

We will plan a yearly trip to recharge and reconnect.

# STEP 5: LOVE, LIFE, AND WORK CONTRACT

## Article 6: Shared Responsibilities

We will share chores and responsibilities equally. This includes cooking, cleaning, the general upkeep of our household, and more.

## Article 7: Communication Commitment

We will communicate openly and honestly with each other, expressing our values, boundaries, fears, and hopes.

## Article 8: Growth and Learning

We will support one another's personal and professional growth.

***In witness whereof, we have affixed our signatures this:***

\_\_\_\_\_, the \_\_\_\_\_ of \_\_\_\_\_, \_\_\_\_\_  
Day of the week                            Day                            Month                            Year

\_\_\_\_\_  
Partner 1's Name

\_\_\_\_\_  
Partner 2's Name

