

# CREATING YOUR *House Charter*



This is a process about establishing clarity around maintaining your home so that you can enjoy it. Do my Weeding and Planting steps first.

## 1. MINDFUL HOME SCAN

Brainstorm the issues you have around the home. Imagine your ideal life, your ideal home. What habits and behaviours would help make life in your home exactly how you'd like it to be?

For you:

- What really bugs you in your home?
- What do you do some of the time that you'd like to do more?
- What do you start, but sometimes or often don't complete
- What did you use to do that really helped, but you have stopped doing?

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### TOP TIP

Model yourself on someone you admire. What behaviours do you see evidence of, or imagine, in other's homes that you'd love to have in yours?



**For couples/families:**

- What really bugs you about the habits of your partner and family around the house? Note them down to form the basis of a discussion.

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**TOP TIP**

Think of your family as a team. Create that mentality – it will help you work together.

**If everyone has a clear area of responsibility, then you can feel less burdened by the tasks.**

- Organise a family conference and discuss who is good at what and who can take on which chore. Think of yourselves as in a team sport, each person has a part eg Goal Defence does the weekly bins!
- How could you keep each other accountable?

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**TOP TIP**

Make it into a game. Adult star charts can be fun. Rewards are good, as long as they support wellbeing and praise is usually better than a stick.



## 2. REFLECT AND REVIEW

Take some time to think about the ideas you have brainstormed.

- What things do you realistically think you can start to do right now?
- What things would have the most impact?
- What are quick wins that will help you build momentum?
- What really inspires you?

If you share your home, make sure these are things you can do yourself, or that the people you live with are on board with making happen.

## 3. CHOOSE YOUR 3 HEALTHY HOME HABITS

These are things you fully commit to doing and sticking to. Habits you know you can do, but that you need to build. If you are doing this together, both choose three.

Don't choose things that are a big stretch, you might be setting yourself up for failure. These are better off as your aspirational goals.

Make these super clear! Vagueness will not help you. 'Tidy my room' is too vague. Pick a clear simple task, eg:

- Load and start dishwasher at the end of the day
- Open the incoming mail when it arrives (recycle or put in your 'Action it' tray.)
- Put shoes away in the shoebox/rack/lobby.

**It takes 30 days to build a habit, so you will need to persevere, just like any programme, be that diet or exercise.**

**TOP TIP:** Make new habits easier to follow by 'stacking' them on top of an existing habit or action you already do regularly, eg:

- After I have finished eating, I will load the dishwasher.
- Before I watch the Friday night movie, I'll open all my incoming mail.
- When I take off my shoes, I will put them straight in the shoe box.



## 4A. CHOOSE YOUR ASPIRATIONAL GOALS

These are things that you'd love to do, but accept that you may not do all the time. Or you plan that they will get stacked on top of the core habits once they are established. The idea is to give yourself an aspirational vision to move towards.

Examples:

- I will create a place for everything, and everything will be put away.
- Every time I buy something new, I will let go of something old/unused.
- Tidy my work-desk every day (maybe you only manage it once a week).

OR

## 4B. AGREE YOUR AREAS OF RESPONSIBILITY

Agree, between you, who will be responsible for six key things around the house, such as emptying bins, loading the dishwasher etc.

## 5. WRITE IT ON THE CHARTER

Write your three Healthy House Habits (and your partner's if you have done this together) on the charter.

There are two versions of the House Charter document. So, you can either add your aspirations, what you would like to do once you have mastered the bottom lines or the areas of responsibility around the house.

## 6. SHARE WITH EVERYONE, AND STICK IT UP SOMEWHERE YOU WILL SEE IT EVERY DAY

**TOP TIP:** It is important if you are a couple or family to share your intentions, so everyone can support you. I know it is not always possible or easy to get others on board. If this is the case, pick one area that is your domain and 'keep your side of the street clean'. Sometimes that is all you can do. And this can be enough to motivate others to make a shift in their behaviour.

YOUR HOUSE  
*Charter*



MY NEW HOUSE HABITS

1

2

3

PARTNER'S NEW HOUSE HABITS

1

2

3

MY ASPIRATIONS AROUND THE HOUSE

1

2

3

4

5

YOUR HOUSE  
*Charter*



MY HEALTHY HOUSE HABITS

1

2

3

PARTNER'S HEALTHY HOUSE HABITS

1

2

3

WHO IS RESPONSIBLE FOR WHAT

1

2

3

4

5

6