

Bring ease
The
FAIR
PLAY Method
& efficiency
to family life

online workshop

Workbook



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are ready to “shed the shoulds”

Examining Generational Norms

Looking Back

As a child, what did you learn about gender roles from your parents? Who managed what in the household?

You	Your Partner

Looking in the Mirror

Our kid(s) learn by watching. What are your children learning about sharing parenting and household responsibilities from your partnership?

What you are proud of?	Areas for improvement

Looking Ahead

What ideas about gender and partnership do you want your child(ren) to have? What future do you want them to see for themselves? What shifts can you start to make?

Your Legacy	Shifts to make

Your Whys

What are your whys? What is underneath the desire to try Fair Play? (i.e. More connection, more free time, more efficiency, etc.)

Set Ground Rules

Set Your Ground Rules - How will you engage with each other and play fair?

Create A Set of Agreements (consider the following):

- We agree to - Listen to each other as we thoughtfully discuss all that it takes to run a home.
- We agree to—Consider our tone, brevity, and word choice as we share information and our individual perspectives.
- We agree to—Explore a new way to collaboratively work together as a team to create more efficiency and fairness in our domestic ecosystem.
- We agree to—Value each other's time equally.
- We agree to—Keep our phones off the table and focus on each other.

Add Your Own:

- We agree to _____
- We agree to _____
- We agree to _____
- We agree to _____
- We agree to _____

Tips to keep in mind:

- These cards are just a start
- Not all of them will work for you
- You can create cards that fit your needs
- You can break cards down into smaller chunks to make them more manageable (i.e. the "cleaning" card can be broken down into "kitchen," "bathroom," etc. cards.)

100 cards of FAIR PLAY™

Big events that can add a lot of items to your to-do list. Often these cards are in your deck temporarily.

HOME	OUT	CAREGIVING	MAGIC	WILD
childcare helpers (kids) ☹️	auto	bathing & grooming ☹️ (kids)	adult friendships ☺️ (player 1)	aging/ailing parent
cleaning	birthday celebrations (other kids)	bedtime routine (kids) ☹️	adult friendships ☺️ (player 2)	death
dishes ☹️	calendar keeper ☹️	birth control	birthday celebrations (your kids)	first year of infant's life
dry cleaning	cash & bills ☹️	clothes & accessories (kids)	discipline & screen time (kids) ☹️	glitch in the matrix/daily disruption
garbage ☹️	charity, community service & good deeds	dental (kids)	extended family	home renovation
groceries ☹️	civic engagement & cultural enrichment	diapering & potty training (kids) ☹️	fun & playing (kids)	job loss & money problems
home furnishings	electronics & IT	estate planning & life insurance	gestures of love (kids)	moving
home goods & supplies ☹️	extracurricular (kids; non-sports) ☹️	friendships & social media (kids) ☹️	gifts (family)	new job
home maintenance ☹️	extracurricular (kids; sports) ☹️	grooming & wardrobe (player 1)	gifts (VIPs)	serious illness
home purchase/rental, mortgage & insurance	first aid, safety & emergency	grooming & wardrobe (player 2)	hard questions (kids)	welcoming a child into the home
hosting	packing & unpacking (kids; local) ☹️	health insurance	holiday cards	
laundry ☹️	packing & unpacking (travel) ☹️	homework, projects & school supplies (kids) ☹️	holidays	
lawn & plants	points, miles & coupons	medical & healthy living (kids) ☹️	informal education (kids)	
mail ☹️	returns & store credits	morning routine (kids) ☹️	magical beings (kids)	UNICORN SPACE ☺️
meals (weekday breakfast) ☹️	school breaks (kids; non-summer)	parents & in-laws	marriage & romance	
meals (kids; school lunch) ☹️	school breaks (kids; summer)	pets ☹️	middle-of-the-night comfort (kids) ☹️	
meals (weekday dinner) ☹️	school forms (kids)	school service (kids)	partner coach	
meals (weekend)	social plans (couples)	school transitions (kids)	showing up & participating (kids)	
memories & photos	transportation (kids) ☹️	self-care (player 1) ☺️	spirituality	UNICORN SPACE ☺️
money manager	travel	self-care (player 2) ☺️	thank-you notes	
storage, garage & seasonal items	tutoring & coaching (kids)	special needs & mental health (kids) ☹️	values & good deeds (kids)	
tidying up, organizing & donations ☹️	weekend plans	teacher communication (kids)	watching (kids) ☹️	



Daily grind tasks - These the "heavier" tasks that have to be done frequently.



Happiness trio - these are cards that each partner/roommate holds to ensure everyone is taking care of themselves.

Schedule Your Check-In

What is a time each week when you both have energy? Day _____ Time _____

What fun activity/treat do you want to include in your check-in?

Which calendar will you use where you can both see your weekly check-in? _____

How will you stay organized?

Do you prefer visuals or technology? _____

What will work for you (e.g., cards on fridge, keeping track in a notebook, spreadsheet, etc.)?

Free Time

What do you need to feel human? What do you need to feel healthy? What do you need to feel like yourself? What is missing from your schedule? How can you support each other in creating space for these activities?

Partner 1

Partner 2

Deal your deck

	Card 1:	Card 2:
Minimum Standard of Care (MSC) For every card that you deem valuable, agree on how the task ought to get done with competence, care, and on a timetable that works for your family.		
Minimum Minimum Standard of Care (MMS) When you are stretched too thin, how can you lower this MSC?		
Conception The behind-the-scenes mental load where you access your families needs and conceive of and		
Planning This is where you research and create an action plan that outlines what is required to get the task done completely in a way that works for the cardholder.		
Execution Doing the work.		