

Rules:

- Every participant is given a “plate” — this can be literal or a printed piece of paper with an image of a plate.
- A leader reads aloud all of the “never have I ever” statements.
- Participants put a sticker on their plate for every “never have I ever” statement they **have** done.
- A leader reads aloud all of the invisible labor statements.
- Participants put a stamp on their plate for every invisible labor statement they **have done this month**.
- Reflect on how full or not full your plate is. Notice how the fullness could differ between genders. Tell the women in your life thank you for all that they take on. :)

WHM Never Have I Ever Category List

- Has owned their own business
- Plays a musical instrument
- Did something you were absolutely terrified to do
- Has built something with nothing but supplies from Home Depot and their own hands
- Raised a child, bonus points if it was while working
- Felt unsafe walking alone at night
- Been a part of a board
- Volunteered/been involved with a nonprofit organization
- Had someone assume that you are not the decision maker of the household
- Learned a new hobby outside of work
- Backpacked around another country
- Met one of your idols
- Called in sick to school or work due to menstrual cramps
- Gone to a music festival
- Rescued an animal
- Won a career-related award
- Done work that someone else took credit for
- Participated in a long distance race
- Wrote a book
- Fixed up a car, bike, scooter, etc.
- Gotten a tattoo
- Been harassed while minding your business walking down the street
- Made an article of clothing, blanket, pillow, etc. by hand
- Gone to therapy
- Had someone tell you your time is running out to have children
- Traveled solo
- Pulled an all-nighter to get work/other responsibilities done
- Learned a foreign language
- Been afraid to let maintenance workers inside while home alone

- Won a contest or competition with a unique skill or talent

Invisible labor: Unpaid work that is often unacknowledged, like laundry, cleaning and carpool, is considered "invisible labor." On the surface, those things may seem like "personal issues." But they can result in burnout, anxiety, depression and other illnesses, just like burnout from a job outside of the home.

What invisible labor have you done just this month?

- Did laundry
- Cleaned any space used by people other than yourself—kitchen, living room, bathroom, etc.
- Cooked for others
- Scheduled an appointment for someone else
- Went grocery shopping
- Drove kids, partners, or family to work or school
- Cared for a child, an elderly person, a sick person, or an animal
- Provided emotional support
- Resolved a conflict between two other people
- Organized an event
- Scheduled a meeting
- Replaced a household item like toilet paper, dish soap, water in a Brita, etc.