

SEASON 2 / EPISODE 8 / Ash BG

It was never just the milk.

Ash BG and I talk about the work that happens in our heads, before anyone sees a task.

WHAT WE GET INTO

The milk, the school bags, the appointment nobody else remembered. Ash and I get into all the thinking that happens before the job is even done. If you're tired of being the person who notices everything, this is a conversation worth having.

Five things from our chat.

01 It starts before the shopping list.

One missing thing in the fridge can send your head straight to dinner, shopping and what everyone needs next. Ash talks about how all those little chains of thinking add up.

32:00-34:10

02 Who gets to learn the everyday stuff?

Ash talks about fathers taking parental leave and getting to know the everyday responsibility of caring for a child. Sharing care means having the chance to learn it too.

29:24-31:48

03 Why does Mum's work get moved around?

Ash and I question whose career absorbs the disruption when family life needs something. Caring and flexibility need to be part of the conversation for fathers and workplaces too.

41:41-44:26

04 The remembering counts as work.

Ash asks us to include the thinking and emotional work, alongside the jobs people can see. Who notices what needs doing? Who remembers whether it actually happened?

48:03-50:35

05 Let's put it on paper.

I talk about comparing what my husband and I had done by 7.30 am. Seeing the two lists helped him understand the difference. It gave us something concrete to talk about.

49:05-50:35

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Fancy giving something a go?

A few things to try. These are our suggestions, inspired by the chat.

☐ What happened before your day “started”?

Write down what you did, planned and remembered this morning. Include the things nobody else saw. You're trying to see the whole picture, rather than win an argument.

☐ Choose something you can actually share.

Agree together who will notice, plan and finish one recurring responsibility. If you still have to remind them every time, that's something to talk through too.

☐ Come back to the conversation.

After a week, ask whether the responsibility actually moved. Are you still noticing and reminding? Be honest about what worked, and what still needs sharing.

ONE THING BEFORE 50 - OR STARTING NOW

You don't have to prove how much you can carry. Make one invisible responsibility visible, then talk about sharing it.

A QUESTION FOR YOU

The responsibility I'd like to share is...

Who will take it on, and when we'll check in...

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Jump in at 32:00 for the milk example; 49:05 for Dom's morning list.

Lessons paraphrase the Buzzsprout transcript at the times shown. The exercises and “before 50” takeaway are editorial suggestions inspired by the conversation, not quotations or guaranteed outcomes.

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