SERVICE SUBMISIVE

worksheets

a workbook from

ALTLIFE.COMMUNITY

WELCOME

This workbook has been created with a range of cheat sheets for stypes.

It includes a range of tools for any service s-type who has specific chores and requirements or provides service in their dynamic around the home.

It also includes some additional chores and challenges which are common within dynamics.

These are just example cheat sheets and work well as a guide, but may not suit everyone.



MEET THE AUTHOR

Annakink (owner of altlife.community)

I am a dedicated service submissive in my 24/7 dynamic. So have a range of tools in my arsenal definitely help me keep on top of my chores and rules.

I am also dedicated to providing safe spaces and educational resources to those in the BDSM community.



Habit Tracker

WEEK OF HABIT MON TUE WED THU FRI SAT SUN

TO DO LIST

| DAY | DA | TE & MONTH |
|-----|-------|------------|
| NO. | TO DO | YES/NO |
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Daily Cleaning Checklist

| DAILY TASKS | M | Т | W | Т | F | S | S |
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Monthly Cleaning Checklist

| MONTHLY TASKS | J | F | М | Α | М | J | J | Α | S | 0 | N | D |
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| Date | : |
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| No. | Items List | Quantities |
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| | Total Items | |
| Notes: | | |
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Weekly Meal Planner

| | | Grocer | y List | |
|-----|-----------|--------|---------|--------|
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| | Breakfast | Lunch | Dinner | Snacks |
| | Breakjast | LONCH | Diriter | Sugces |
| Mon | | | | |
| tue | | | | |
| Med | | | | |
| thu | | | | |
| fri | | | | |
| sat | | | | |
| SUN | | | | |

Recipe Planner

| F | RECIPE NAME |
|-----------------|-------------|
| CUISINE | |
| TIME TO PREPARE | |
| TIME TO COOK | |
| TOOLS TO USE | PROCEDURE |
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| INGREDIENTS | |
| INGREDIENTS | |
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WEEKLY CHORE CHART

| CHORES | M T W T F S |
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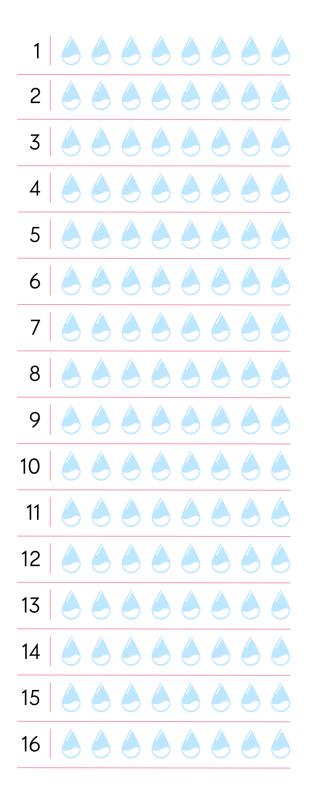
NOTES

workout routine

| TUESDAY | MONDAY |
|----------|-----------|
| THURSDAY | WEDNESDAY |
| SATURDAY | FRIDAY |
| | |
| SUNDAY | |

PERSONAL WATER







Medication Tracker



DATE

| MEDICATION | DOSE | TIME GIVEN | REACTION |
|------------|-------|------------|----------|
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| NOTES | NOTES | NOTES | NOTES |
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DAILY REFLECTION

Reminder

| List of Affirmations |
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| What is your biggest goal? |
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How can you achieve



Monthly Budget

| | Income | | Expenses | | | | |
|-----------------|-----------------|-----------------------|----------|-------|------------|--|--|
| Income-1 | | | | Month | | | |
| Income-2 | | | | | | | |
| Other Income | | | | | Budget | | |
| | Total Income | | | | | | |
| Bill To Be Paid | Due Date | Amount | P | aid | Notes | | |
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| | Total | | | | | | |
| | I | Monthly Sum | mary | | | | |
| Total Incom | ne | Total Expenses | | | Difference | | |
| | | | | | | | |
| | | Notes | | | | | |
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MY NOTES