

What Is Actually Yours to Carry

Sort what you are responsible for from what you picked up because nobody else would.

WHEN TO USE THIS

Use this when you are carrying more than you can hold and cannot tell what is yours.

List what you are carrying right now. Big or small, in any order.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Go back through your list and sort it.

MINE TO CARRY

SOMEONE ELSE'S

Pick one from the right side. Whose is it, and what would happen if you set it down?

Setting something down does not mean you stopped caring. It means you stopped doing it for them.

You cannot carry another person's part for them, no matter how hard you try.