I'm Carrying *Too Much*

WHAT I'M CARRYING RIGHT NOW
Everything that's on my mind, heart, or to-do list.

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

WHAT ACTUALLY NEEDS ME
What truly needs my attention, energy, or care right now.

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

WHAT ISN'T MINE TO CARRY
What belongs to someone else, or is simply out of my control.

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

WHAT CAN WAIT
Things that don't need to be done today.

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

WHAT CAN I ASK FOR HELP WITH?
It's okay to reach out. I don't have to do it all alone.

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

ONE THING I'M GIVING MYSELF PERMISSION TO PUT DOWN TODAY
Something I can release, let go of, or set aside for now.

_____

_____

_____

_____



You were never meant to carry everything at once.