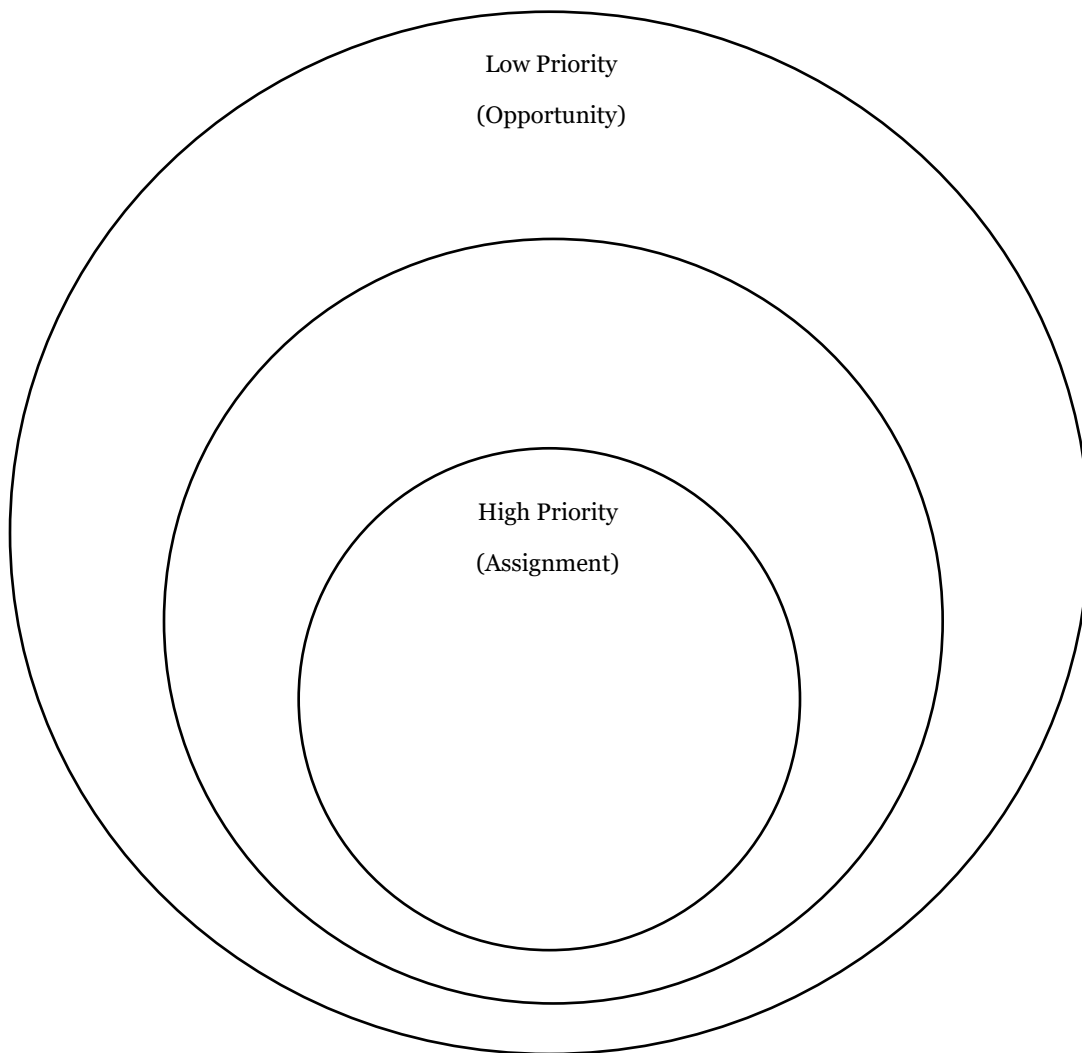


CIRCLES OF RESPONSIBILITY

What are your responsibilities? Jot the highest priorities in the center. These are likely ones that are like “assignments” you must do. (This need not only be things to do, but can include people and self-care as well!)

Do your best to sort other responsibilities into the other two circles. The ones in the outer circle are “opportunities,” meaning you have a choice to say “yes” or “no” to them. (As you do this, you may even think of something that is a non-responsibility and find it freeing to jot it outside the circles altogether!)



As you move from the center outward, the likelihood increases that someone else could share or take care of a responsibility. Are you carrying any responsibilities that belong to someone else? Who could you ask to help?

How will you discern which responsibilities are priorities, and which ones you need to humbly let go of - at least for a little while?

Being intentional about this can help us in so many ways. It can reduce stress, help us focus on what really matters, create healthy boundaries, make our relationships healthier, grow humility, and draw us near to Jesus as we seek his wisdom!