

What's Mine to Carry?

A Sunshine on Tap Worksheet for Stress, Boundaries, and Letting Go

Sometimes stress comes from what is happening. And sometimes it comes from carrying far more than actually belongs to us. Other people's moods. Their choices. Their opinions. Problems that haven't happened yet. Situations we can't control. Expectations we never consciously agreed to.

This worksheet is designed to help you sort through what deserves your energy, what you can influence, and what you may be ready to put down. You do not have to stop caring. You are simply deciding where your responsibility ends.

1. What Are You Carrying Right Now?

Write down anything taking up space in your mind - big things, small things, irritating things, and things you keep replaying.

Right now, I am worried, stressed, frustrated, or preoccupied with...

2. Sort the Weight

Look at what you wrote above. For each concern, decide which category it belongs in.

Mine to Handle

These are things directly within my control. My choices. My words. My actions. My boundaries. My preparation.

Mine to Influence, But Not Control

I can participate, communicate, ask, encourage, or make choices around these things - but I cannot determine the outcome.

Not Mine

These belong to someone else. Their feelings. Their choices. Their reactions. Their healing. Their opinions. Their behavior.

I Don't Know Yet

These do not require an answer right now.

3. What Can I Actually Control?

When something is stressful, ask:

What can I do?

What can I say?

What boundary can I set?

What decision belongs to me?

What can I prepare for?

What do I have absolutely no control over?

4. Am I Trying to Manage Someone Else?

Sometimes we accidentally take responsibility for keeping another person happy, calm, comfortable, or pleased with us. Complete any that apply.

I find myself trying to prevent this person from feeling...

I worry they will think I am...

I sometimes change my behavior so they won't...

I feel responsible for fixing...

If they are upset, I tend to...

What might happen if I allowed them to have their feelings without immediately trying to change them?

5. Caring Is Not the Same as Carrying

Think of someone or something you care deeply about.

How can I care without taking full responsibility for the outcome?

What support am I genuinely willing to offer?

What is beyond what I can reasonably give?

What belongs to the other person to figure out for themselves?

6. Is This Problem Happening Now?

Stress often asks us to solve tomorrow before it arrives. For each worry, ask:

- Is this happening right now?
- Has it actually happened?
- Do I have evidence it will happen?
- Is there anything useful I can do today?

A future problem I have been mentally rehearsing:

What I actually know right now:

What I am imagining or predicting:

Is there anything useful to do today?

If not, when would this actually need my attention?

7. The "Not Mine" List

Write down things you are officially giving yourself permission not to manage.

Examples: Someone else's opinion of me. Whether someone takes my advice. Another adult's decisions. Making everyone comfortable. Predicting every possible outcome. Fixing something before I have enough information.

I am not responsible for...

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
 - 8.
 - 9.
 - 10.
-

8. What Does Need My Energy?

Letting go is not avoidance. It gives us more energy for the things that genuinely need us.

The most important thing I can actually affect right now is:

One action I can take:

One conversation I may need to have:

One boundary I may need to protect:

One decision I have been avoiding:

9. A Boundary Check

Think about one situation that consistently drains you.

What happens?

What part of it bothers me most?

What do I wish were different?

Have I clearly communicated what I need?

☐ Yes ☐ No ☐ Sort of

What boundary would protect my time, energy, peace, or wellbeing?

What would enforcing that boundary actually look like?

10. Put It Down for Today

You do not have to solve every problem before you are allowed to rest. Choose something that can wait.

Today I am putting down:

It can wait because:

If it still needs attention, I will return to it:

A Simple Daily Check-In

When you notice yourself spiraling around a problem, ask:

Is this mine to carry?

If yes: What is the next useful action?

If partly: What can I influence, and what must I release?

If no: Can I care without carrying it?

One Last Question

Imagine setting down every problem that does not actually belong to you.

What would you have more energy for?

Sunshine on Tap

You can care deeply without carrying everything. Save your energy for the things that are truly yours to hold.