What Isn't Yours to Carry

A 15-minute worksheet for Christian business leaders: what to hand off, what to put first, and what to drop.

Responsibility is one of my top CliftonStrengths, and like a lot of people who share it, I experience it as a burden. It turns into a weakness the moment I take on responsibility that isn't mine. If you're running your business like it all depends on you, I'd guess you do the same, at work and at home.

This worksheet takes the three changes Groundwork coaching is built around and turns them into fifteen minutes with a pen.

1. Write it all down (5 minutes)

List everything you're carrying this week, at work and at home: the hard conversation, the number that doesn't add up, the decision you keep putting off, the thing you told someone you'd look at. Don't sort anything yet, just get it all onto the page.

2. Sort each item into one column (5 minutes)

Hand off: what isn't yours to carry.

Some of it belongs to God, and some belongs to the person whose job it actually is. You still do your part, but you stop carrying the outcome alone. For each item, ask whose it really is.

If you lead inside a company you don't own, try a test I've used on myself: if you won the lottery today, would you spend $100 million to buy this company and run it your way? When I asked myself that at CoinDesk, after it was acquired, my answer was no, and it felt like a weight lifted. Someone else had bought the company, and they got to decide. My job was to give good advice and do the best job I could, not to carry the burden of their decisions.

Put first: what matters most right now.

When everything feels urgent, ask God what to do next, and put that one thing first. In our experience, it takes less time than trying to do it all.

Drop: what never needed doing.

Some of what you carry is there only because you're afraid everything will fall apart without you. For each item, ask whether it's here because it needs doing or because you're afraid of what happens if you don't. When you trust God with the outcome, you can let some of it go.

3. One line for Monday (5 minutes)

Under each column, write one thing you'll do on Monday: who you'll hand something to, the one thing you'll do first, and one thing you'll let go. Then give the Hand off column to God in prayer before you put the pen down.

Hand off	Put first	Drop
Monday:	**Monday:**	**Monday:**

If one of the columns surprised you, I'd like to hear which one. Message me on Instagram or reply to the Friday email; I read every reply.

The Groundwork email.
One email every Friday morning about doing the actual work as someone who believes God really is in control.

Get the Friday email → fieldway.org/groundwork/subscribe

April and I also coach Christian business leaders one-to-one, on the real problem in front of them, with faith in Christ as the foundation. It's all at fieldway.org/groundwork, and there's no deadline on it.