

Seven Day Practice: Extra Weeks

Free extra weeks for the Seven Day Practice in Not Mine to Carry

Print as many as you need. Print one for somebody you love.

Week _____ Dates: _____

Days one and two: Name it and sort it

The situation I brought with me this week:

Mine	Theirs	God's

Days three and four: Write it and say it

My boundary, said out loud in my normal voice:

The shorter version:

Skip anything today cannot hold.

Week _____ *(continued)*

Days five and six: Keep it and notice

The small boundary I kept:

What guilt said:

What truth answered:

Day seven: Release it

What became clearer this week:

What I am returning to its rightful owner:

Page check: ☐ I showed up ☐ I noticed one thing ☐ I can put it down

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Want the whole workbook?

Not Mine to Carry is a 46-page Christian workbook for loving others without losing yourself. The fillable digital edition and the paperback live at wingsofjoy.online

The one thing about this practice: it works one honest week at a time.

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