

Personal Reflection Exercises...

I relinquish control of the need to do everything.



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I let go of the thought that everything depends on me, and freely pass on the responsibility to others. When I do, I feel a heavy burden lifted from my shoulders.

At home, I let my children handle some of the chores. This teaches them responsibility and lets them feel like an integral part of the family. I let my spouse handle whatever he will and am pleased with the outcome of our teamwork.

At work, I delegate tasks efficiently by letting those best qualified for the task to lend a helping hand. This gives me more time to focus on the tasks that I must do myself. As a result, we work as a team on the job, output higher quality work, and I do not have to do it all myself.

I know that most of the time someone else will not do a task in the exact same way I would, but that does not mean that the results are sub-par. In fact, I find that if I back off and let them be in control of their delegated task, ***they produce fine work.***

Letting go of the need to do everything gives me more time to do what I really want to do. I can take the time to relax and take better care of myself. I can rejuvenate my energy and focus on the things that are important to me.

Today, I am free of the stress that comes with trying to do everything myself. I happily let my spouse, children and co-workers take on what they can, knowing that all will be well.

Self-Reflection Questions:

1. How strong is my need to do everything myself?
2. What chores can I assign to my children instead of doing them myself?
3. What daily tasks can I delegate to others at work?