



Here are some areas where responsibility comes into play:

- Your Feelings: Acknowledging your emotions without bypassing them.
- Your Choices: Owning your past and current decisions without self-judgment.
- Your Healing: Choosing to heal and grow, even when it feels messy.
- Your Narrative: Rewriting the story you tell yourself about what's possible.
- Your Energy: Protecting your energy, setting boundaries, and honouring your needs.
- Your Joy: Saying yes to joy, even if it feels unfamiliar.

Reflection Questions

- Where have you been carrying responsibility that was never yours to hold — and what have you been hoping to receive in return?
- Can you recognize the unconscious trade — giving your energy, your needs, your boundaries in exchange for feeling loved, seen, or worthy? Where do you see this most clearly in your life?
- What would it feel like in your body to say I've got me — and source your worth from within instead of from what you do for others?