

I CAN DO ANYTHING, NOT EVERYTHING

A Guided Journal for Clarity, Focus, and Alignment

Dr. Monique Thompson

What am I currently carrying?

What feels heavy right now?

Where do I feel stretched too thin?

TRUTH

- I feel like I should be able to handle everything
- I struggle to say no
- I feel guilty when I rest
- I tie my value to productivity
- I feel responsible for others' outcomes

I can do anything, but I cannot:



DISCERNMENT

What is actually mine to carry?

What am I carrying that does NOT belong to me?

What is one thing that truly matters most right now?

ALIGNMENT

My ONE Thing this week is:

- Easier
- Less urgent
- Unnecessary

Explain why:

What do I need to say NO to this week?

POWER

Where do I currently have influence?

Where am I working hard but not being seen or heard?

Who has influence in my environment—and why?

What is one shift I can make this week?

A boundary I will practice:

BODY CHECK-IN

- Fatigue**
- Headaches**
- Anxiety**
- Trouble sleeping**
- Irritability**
- Brain fog**
- Muscle tension**

What is my body trying to tell me?

One way I will support my body today:

REFLECTION

What did I learn about myself this week?



Where did I honor my limits?



Where did I ignore them?




DECLARATION

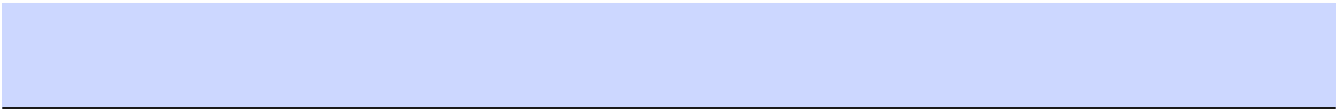
Write your declaration:



Today, my ONE thing is:



Today, I will say NO to:



Today, I will take care of myself by:

