



## EXERCISE 4C: DELEGATING TO A HIGHER POWER (EXAMPLE)

### Step 1: Things I want to Do Today

Write down everything taking up space in your brain that you believe you “should” be doing today.

### Step 2: Things I CAN Reasonably Do Today

Take a deep breath and review this list with a more self-compassionate perspective. Instead of “shoulding” on yourself, write down what you could reasonably do today and still have time for self-care, whether it’s a walk, journaling, a bath or playing. It’s important to leave time for self-care, so you can fill up your tanks instead of running on empty. Studies show that people who have good-quality rest are way more effective—and happy—which makes you more magnetic.

### Step 3: Things I Can Delegate to Friends, Family or Coworkers

Ask yourself if there was anything from Step 1 you could delegate to someone else? Sometimes we resist asking for help because we worry it will make us appear incompetent or we will be a burden. In truth, asking for help often empowers the person being asked. People generally want to help. If they can’t, they may be able to do it later. If it really must be you, write down in your calendar what other day you could reasonably do these tasks and have time for self-care.

### Step 4: Things I’ll Delegate to My Higher Power

This is the most important step. Ask yourself what ultimate outcome you can delegate to the universe and write it down here.

Examples: walking down the aisle with your ideal soul mate; – Traveling to Disneyworld with a soul mate and the children you have together. – Speaking at an event and seeing your soul mate in the audience or sensing them in the wings supporting you. – Sitting in a porch swing in your senior years with your soul mate. – Hiking with your soul mate in a place you love or always wanted to visit.

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