

What Am I Carrying Worksheet

Name the burden before you add another tool.

A stewardship-first resource for creating order before adding more tools.

Purpose

This worksheet helps you sort what is actually yours to steward, what needs prayer, what should be delegated, what should be released, and what remains unclear. The goal is not to carry more with better language. The goal is to carry rightly.

How to use this resource

Set aside 20 minutes. Write plainly. Do not solve everything at once. Name the burden, identify the source, decide the next faithful move, and stop pretending every weight deserves the same response.

1. Current Burden List

List up to ten things currently taking attention, emotion, time, or spiritual weight. Use short phrases, not essays.

#	Burden or open loop	Where did it come from?	Weight: Low / Med / High
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

2. Burden Triage

Use this table to move from emotional fog to stewardship clarity. If you are unsure, mark it unclear instead of forcing an answer.

#	Owner	Deadline reality	Consequence if ignored	First faithful move	Pray / Do / Delegate / Release	Notes
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

3. Sort the Weight

Place each burden into one box. This is where clarity begins.

<p>Mine to do</p> <p>Action I must take with wisdom and timing.</p>	<p>Mine to pray through</p> <p>Something real, but not solved by striving.</p>
<p>Mine to delegate</p> <p>A responsibility that needs ownership, not my constant grip.</p>	<p>Not mine to carry</p> <p>A borrowed burden, false guilt, fear, or control issue.</p>
<p>Unclear</p> <p>Needs counsel, prayer, time, or better information.</p>	<p>Needs repair</p> <p>A relational, spiritual, or operational breach that needs confession, courage, or follow-through.</p>

4. Release, Reframe, Repent, Respond, Relay

Choose one faithful response for each major burden. Do not overcomplicate this. The right next step is usually smaller and clearer than the anxious one.

Response	Question	My answer
Release	What am I carrying that God did not assign to me?	
Reframe	What needs to be seen through truth instead of fear?	
Repent	Where have I avoided responsibility, obeyed pressure, or called control stewardship?	
Respond	What is one faithful action I can take in the next 24 hours?	
Relay	What needs to be delegated, communicated, or handed to the right person?	

5. One Faithful Step

Do not leave this worksheet with ten new projects. Leave with one obedient next step.

Prompt	Your answer
The clearest burden I need to address first is:	
The next faithful step is:	
I will do it by:	
The person I may need to notify, ask, forgive, support, or involve is:	
The burden I am choosing not to carry this week is:	

Closing reminder

Stewardship is not pretending the weight is light. Stewardship is carrying the right thing, in the right way, with the right help, before God.

Next step: Use the Noise Audit Checklist if your burdens are being amplified by inputs, interruptions, commitments, or unfinished loops.