

Mine or Theirs?

Making space for change to happen()*

- Column I, Activity – List all the “directions” you run in: yoga, church, job, kids’ activities, parties, gardening, housecleaning, bargain hunting, cooking, groceries.
 - Imagine a typical work day – list 3-5 things you do routinely
 - Imagine a typical weekend – list 3-5 things you do routinely
 - Imagine a family holiday, vacation, neighborhood event, ...
- Column II, Justification – How do I justify spending time doing this?
 - Example: Driving kid to soccer practice because “that’s what mothers do” or “that is the only quality time we have together”
- Column III, Whose Values – Does this reflect a value of yours OR of mom, dad, partner, society, boss, family tradition, old habit and you don't know.
 - Place an M or a T in the third column

ACTIVITY	JUSTIFICATION	WHOSE VALUE is this: MINE or THEIRS

Now complete the second table on a new sheet of paper. In the first column, list each activity from the first sheet that you do because "they" value it. Then, before you consider this activity crazy, let your imagination run wild! List one or more steps you could take toward eliminating each activity from your life - or - keeping the part of the activity that you DO value, and releasing the part you don't. A few ideas:

- You value healthy meals; you hate cooking; sometimes buy ready-made food or trade another's cooking skills for your photography talent
- You value children's group activities; you hate driving; find a car-pooling parent

LIST EACH ACTIVITY THAT IS "THEIRS"	HOW TO ELIMINATE THESE ACTIVITIES

(*) Idea adapted from Margaret Lobenstine in *The Renaissance Soul*