



What's Mine to Carry?

A GENTLE REFLECTION WORKSHEET

A gentle space to notice,
release, and return to
what truly belongs to you.



HEALING
by Bridget®

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*Thank you for respecting the time, care, and
heart that goes into creating these resources.*



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A Note from *Bridget*

There have been seasons in my life when I carried far more than my own heart was ever meant to hold.

Sometimes it was the worries of people I loved. Sometimes it was expectations, responsibilities, or the quiet belief that it was my job to make everything okay.

Over time, I began to realize that carrying someone else's emotional weight wasn't the same as loving them. In fact, it often left me feeling exhausted, overwhelmed, and disconnected from myself.

This worksheet is an invitation to gently notice what belongs to you and what does not. Not with judgment, but with compassion.

May these reflections help you release what was never yours to carry and return to the peace that has always been waiting within you.

With love,

Bridget 




You were never
meant to carry
everything.
You are allowed
to set some of it
down.



Before You Begin



This worksheet is an invitation to slow down,
turn inward, and gently explore what you've been carrying.
There is no right or wrong way to move through it.

*Go at your own pace.
Give yourself grace.
You deserve this space. ♡*



TO CREATE A SUPPORTIVE SPACE FOR YOURSELF:



Find a quiet time and place where you won't be disturbed.



Take a few slow breaths and arrive in the present moment.



Have a journal or something to write with nearby.



Let go of the need for answers.
Just be honest and kind with yourself.



Remember, this is for you.
There is no one else who needs to read it.



You are allowed to release
what is not yours to carry.
You are allowed to come home to yourself.





GUIDED REFLECTION

What's Mine to Carry?

Use this space to gently reflect on what you've been carrying, what no longer belongs to you, and what you're ready to release. There are no right or wrong answers—just your truth.

1. WHAT HAVE YOU BEEN CARRYING?

What thoughts, emotions, or responsibilities have felt heavy lately? Write freely.



2. WHAT IS NOT YOURS TO CARRY?

What are you ready to release, let go of, or lovingly set down? List or describe them here.

3. WHAT DO YOU WANT TO BRING BACK TO YOURSELF?

What do you want to feel, remember, or give yourself more of? What feels like you?

*You are allowed to release what is not yours.
You are allowed to come home to yourself.*



CLOSING REFLECTION

What's Mine to Carry?

You've taken the time to notice what's been heavy,
what isn't yours to carry, and what you're ready to release.
Now, take a moment to honor yourself for showing up for you.

This is your space. This is your healing.



1. WHAT ARE YOU GRATEFUL FOR TODAY?

List or describe the small or big things that brought you peace,
strength, or softness as you worked through this reflection.





2. WHAT DID YOU LEARN ABOUT YOURSELF?

What insights or realizations came up for you during this process?
What do you want to remember?



3. WHAT IS YOUR GENTLE INTENTION MOVING FORWARD?

What do you want to invite more of into your life?
What will support you in choosing yourself?



*You are allowed to release.
You are allowed to come home to yourself.*





Continue Your Journey

You're Just Getting Started ♥



This workbook was created to give you a gentle beginning — a soft place to pause, reflect, and release what isn't yours to carry.

I hope it offered you a sense of relief, clarity, and most of all, a reminder that you deserve to feel lighter, calmer, and more like yourself again.

Healing isn't about doing more.
It's about coming home to yourself... one gentle step at a time.



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Thank you for being here.

*With love,
Bridget* ♥

