Welcome to day 4 of the "Change your MIND – Change your LIFE” program.

We are blessed to be a blessing!  Therefore we have to RECEIVE & OWN the blessing in order to be able to give it away to bless others.  THAT IS OUR RESPONSIBILITY!

Today we are clearing out the myths and lies around RESPONSIBILITY and the trap of becoming a false martyr!   The TRUTH is that it’s our RESPONSIBILITY to give ourselves PERMISSION to RECEIVE! To learn the art of teaching others and delegation, in order to create other responsible contributors to our communities!

So back to you!  Remember the jug explanation & example?  My questions to you today will help you determine ways in which you can refill your jug as well as cementing the decision to GIVE YOURSELF PERMISSION TO RECEIVE! - To have time out for you because when you are happy and full emotionally, you are able to give so much more to those around you!

1. How will you remind yourself that it is your responsibility to RECEIVE, to have time out and do something for yourself, in order to fill your jug so that you can give to others?
2. If you tend to take on more than your fair share, what can you put in place to delegate and help those around you become more responsible contributing members of our community?

3 List as many ways as you can, (minimum of 10), that you can fill your jug.  What can you do or stop doing?  What boundaries can you put in place? What are some things that make you smile and destress? What do you love to do just for you?