



## Responsibility List

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What does responsibility mean to you?

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Things you enjoy being responsible for:	Things you don't like or don't want to be responsible/obligated for:
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**Circle top 3 in each column**

Tune into your heart and tell yourself the truth...

Why do you enjoy these responsibilities?

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What is the Freedom this gives you?

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Why do you dislike or not want these responsibilities?

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What is the Shadow/Fear at play here?

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