## Responsibility

## A Writing Exercise to Purge Your Emotions

- 1. Find a quiet place where you won't be disturbed.
- 2. Sit down and set a timer for five minutes.
- 3. Begin writing down your thoughts on the following prompts: What does responsibility mean to you? What is bogging you down in this moment? Which responsibilities are hardest for you and which feels most light? How do you balance your time in order to meet your responsibilities?
- 4. At the end of five minutes, stop writing.
- 5. Breathe in and out three times and repeat this quote:

## "In dreams begin responsibility" -William Butler Yeats