

# Delegate Day Worksheet



Yesterday, we learned what we needed to DISMISS. Today, we will learn what to DELEGATE. Then, tomorrow, we get to shine at what we are actually called to DO.

Congratulations. You are well on your way to moving from Busy to Best.

Let's start delegating.

Raise your hand if you love asking for help! Anyone? Anyone? Bueller?

Yeah. I didn't think so.

**On the continuum below, how hard is it for you to ask for help?**



**Are there certain areas where you feel particularly overwhelmed but reluctant to ask for help? Check all the areas that apply below.**

- Work
- Household duties
- Children
- Relationships
- Volunteer roles
- Church commitments
- Other





Put a check beside any of the statements below that resonate with your experience.

- I struggle to let people in because I'm afraid they'll mess things up.
- I don't like asking for help because it makes me feel needy or weak.
- I don't ask for help unless it's as a last resort.
- I don't ask for help because I'm afraid of being told no.
- Collaboration sounds like more trouble than it's worth.
- I've asked for help before, and people have let me down.
- I feel guilty if I tell someone no.
- I sometimes say yes instead of no because I don't want to disappoint someone.
- Other: \_\_\_\_\_

**“When you ask for help—from people and from God— you are not weak. The truth is, you are now strong enough to admit that you can’t face your problems on your own. Look, not a single soul on earth is ever so strong that she doesn’t need someone to help. You are a wise woman, and you are smart enough to know you need some relief. You’ve known you’ve needed help for a while now, haven’t you? You just need to be courageous enough to ask for it.” ~ *It’s All Under Control***

**Take a moment to pray that the Lord would give you the courage to ask for help. Feel free to write that prayer in your journal.**

When it comes to delegating, or asking for help, let's take a look at Jesus' example. Read the following verses and record any observation you make related to today's challenge to delegate, or accept help from others.

John 4:7

Matthew 14:16-20

Luke 23:26





We think of Jesus as serving and helping others, so it's easy to forget that Jesus asked for help.

He asked for a drink of water.

He asked for help preparing a huge meal.

He accepted Simon's help to carry his cross.

Think of that for a moment: Jesus had help carrying his cross ... *so why do we think we're strong enough to carry our crosses alone?* Furthermore, in each of those examples, consider how Jesus' decision to ask for help presented a Gospel opportunity!

Now it's your turn. **Run a few of the tasks from your BrainDump List through the Do, Delegate, Dismiss Flowchart. Make a note below (or in your journal) of any tasks that you could possibly delegate this week.** It's ok to start small!

**Locate the Burdens and Carriers Worksheet in your folder.**

**Under the Burdens column, write down anything that is weighing you down right now:** child care, work assignments, grocery shopping, lawn care, feeding pets, getting a ride, making a big decision.

**Under the Carriers column, write down the names of anyone you think could help you shoulder one of your burdens.** Include the names of people who have ever offered to help you, even if it's been ages since they offered. Include the names of people with whom you could swap help. Don't forget people, such as housekeepers, whom you might be able to hire to perform some tasks to help you find temporary relief.

**Today, pick one burden and contact one carrier to see if he or she can help. After examining your finances, also explore whether you could hire someone to help.**

**If you haven't already done so, read pages 178-179 in *It's All Under Control*.**





What observations did you make while reading those pages?

Embrace the fact that your helpers, like the man's friends in Luke 5, may use different, more creative means to accomplish the tasks that need to be done. **Use the space below to write a prayer, asking God to help you welcome different means to similar ends.**

Now, share with a Teammate (or in our Busy to Best Challenge Facebook group) what you plan to delegate this week. Yes, it can be difficult to delegate, but there's definite relief that comes when you finally ask for help.

