

The Weight Check

A 3-day guide to finding what you've been carrying that was never yours

Some weight doesn't feel like weight. It isn't the grief you know is grief or the anger you know is anger — those things are loud, and you can name them. The weight this guide is about is quieter. It doesn't feel like a burden. It feels like you.

It's the outcome you manage for someone who never asked. The reply you wait for before you're allowed to exhale. The role you've played so long you've stopped noticing you're playing it.

You can't put down what you don't know you're holding. So we don't start with letting go. We start, over three days, with noticing. You don't have to fix anything this week. You only have to see it.

HOW TO USE THIS

One short practice a day, for three days. A few quiet minutes each. Keep a notes app or a piece of paper nearby — some of these ask you to write a sentence down.

Three days

DAY 1

Find the weight

Find somewhere to sit still for five minutes — a car, a chair, the floor. Set a timer. Scan your body for where you're holding tension. Jaw? Shoulders? Stomach?

Now imagine a bag resting in your lap, and name the one specific thing you're gripping right now: the reply you're waiting for, the event you're managing, the person you're trying not to disappoint.

You don't have to put it down. Just notice the weight, and that it's there.

DAY 2

Measure the gap

Recall a moment from the past month when you felt responsible for someone else's reaction. Write down what you thought would happen.

Then write down what actually happened. Look at the space between the two.

That gap is the distance between the outcome you were white-knuckling and the one that arrived on its own. Keep it. It's evidence.

DAY 3

Say the sentence

Write down one outcome you are currently trying to control. Underneath it, write: "This outcome is not mine to deliver."

Read it aloud. Sit with whatever tightens for two minutes. You are not resolving anything today — you're just feeling the weight of what you've been carrying.

That recognition — oh, I've been holding this — is the whole first step. Everything else follows from it.

IF THESE THREE DAYS LANDED

Nothing Left to Carry

A 30-Day Guide to Releasing What Was Never Yours

This guide is the opening of the book. The full thirty days move through the outcomes you grip, the roles you carry, the stories your family tells, and the things you keep for what they meant — one scene, one recognition, and one small practice at a time.

[Find it on Amazon](#)

More at nothinglefttocarry.com