REFLECTION SHEET

What Is Actually Mine to Do?

An end-of-day examen, built from the question Francis and Clare kept asking under far higher stakes.

In 1206 Francis handed back his inheritance in a public square. The part of the story that gets skipped is what came afterwards: an order that grew faster than he could govern, drifting toward exactly the kind of institution he had founded it not to be. Mission drift does not usually arrive as a hostile takeover. It arrives as a series of individually reasonable decisions, made by good people, that add up to a different thing than the one you started.

A Practice to Begin

Fifteen minutes, end of day, on paper. Run the six questions below against the day you actually had, not the one you planned.

Reflection Questions

1. What did I do today that was genuinely mine to do?
2. What did I pick up only because it was there?
3. Where did I say yes to something good that was not mine?
4. What did I avoid — and was the avoidance discernment, or fear?
5. What drifted today? A standard, a commitment, a shape I said this work would keep.
6. What is one thing tomorrow that is unmistakably mine?

An Invitation for the Week

Ask the question regularly instead of once, and have the nerve to act on the answer even when the answer costs you something real.

Most of us just face a Tuesday, a meeting, a decision nobody else will notice, where the same question is quietly on the table.

— What Is Actually Mine to Do?