

Concept one: The Donkey



The reason I use the donkey as an example is that I believe we need to understand our **responsibility**.

Imagine a donkey pushing a mill. It's harnessed to the mill with a wooden rod, which is attached around its shoulders and waist.

This donkey is essential—it **puts bread on the table** by grinding wheat into flour, which is then made into bread. Its job is simple: to keep walking in circles, grinding the wheat.

Now, there are two ways to get the donkey to keep moving:

- 1. A juicy carrot—bright, orange, and just out of reach. The donkey is motivated by the promise of something rewarding.
- 2. A stick—used to give a little jolt when the donkey slows down, encouraging it to keep going.

Now, think about this in relation to life. We all have a mill to push—our responsibilities, our work, our commitments. To keep moving forward, we need both a carrot and a stick:

- The carrot represents a beautiful vision of the life we want to create—our goals, dreams, and aspirations.
- The stick represents accountability—the discipline and structure that keep us on track.

If we're not mindful, the weight of life's mill can become a burden on our shoulders and waist, just like the donkey. But by balancing motivation (the carrot) and accountability (the stick), we can keep moving forward with purpose and resilience.



Questions you can ask yourself

1. What is your mill? _____

2. Does your mill drain you? _____

3. What is your carrot? _____

4. What is your stick? _____

5. What negative sticks do you use? _____

6. Are moving at a good pace? _____

7. Is our Donkey (Ourselves) excited? _____
