

LEARNING TO TRUST YOUR INNER TIMING

A Mindfully Recharged Reflection Guide by Mariana Thomas

Awareness

Take a breath before you begin.

Reflection:

Where do I feel pressure to rush right now?

What do I believe will happen if I slow down?

Urgency vs Alignment

Check what feels true:

- ☐ Urgency feels anxious and tight
- ☐ Alignment feels calm and clear
- ☐ I often confuse fear with intuition
- ☐ My body knows when something isn't time yet

Prompt: How does urgency feel in my body?

Prompt: How does intuition feel?

Releasing External Timelines

Complete the sentences:

I feel "behind" when I compare myself to...

Whose timeline am I trying to meet right now?

Gentle Recommitment

Finish this statement: I give myself permission to trust my inner timing by...

Reminder:

Your timing doesn't need approval to be valid.

Signature:

_____ (because commitment hits different when you sign it)