

# 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)

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