

THE DISCOMFORT OF ALIGNMENT

A Mindfully Recharged Reflection Guide by Mariana Thomas

Awareness

Where in my life does something feel different lately?

What feels unfamiliar or slightly uncomfortable?

Check the Pattern

Am I interpreting discomfort as something being wrong?

Or could this be a shift?

Honest Reflection

Where am I no longer willing to override myself?

What feels clearer now than it used to?

Small Anchors

What helps me stay grounded when things feel uncertain?

Write 2–3 things you can return to this week.

Closing Prompt

Discomfort doesn't always mean stop.

Sometimes it means adjusting.

What am I learning right now?

Signature:

_____ (because commitment hits different when you sign it)