

# OUTGROWING WHAT ONCE FIT

*A Mindfully Recharged Reflection Guide by Mariana Thomas*

## Awareness

What in my life feels different right now?

Where do I notice a shift in what I tolerate, engage in, or respond to?

# Identity Check

How have I changed in the past year?

What do I value now that I didn't before?

What no longer feels like "me"?

# Availability

Where am I still saying yes out of habit?

What am I no longer available for—if I'm being honest?

## Gentle Shift

What is one area where I can start choosing differently this week? No force. Just awareness.

### Closing Prompt

Growth isn't about becoming someone new.

It's about being honest about who you are now.

What feels true for me today?

### Signature:

\_\_\_\_\_ (because commitment hits different when you sign it)

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