

YOU'RE NOT BEHIND – YOU'RE BUILDING CAPACITY

A Mindfully Recharged reflection guide

Grounding Reflection

Take a breath before you begin.

Prompt:

Where in my life do I feel “behind” right now?

What expectations am I placing on myself that feel heavy or rushed?

Mariana Thomas

Capacity vs. Productivity

Complete the sentences:

Right now, my nervous system feels most supported when I...

Things that expand my capacity (not my to-do list):

Things that drain my capacity:

Mariana Thomas

Signs of Capacity Building

(Check what resonates)

- I pause before reacting
- I'm more aware of my emotions
- I'm setting clearer boundaries
- I need more rest than before
- Old rhythms no longer fit
- I crave simplicity and presence

Reflection: What might this season be preparing me for?

Mariana Thomas

Gentle Commitment

Finish this sentence: I give myself permission to build capacity by...

Reminder to self:

Slowing down does not mean I'm behind.
It means I'm becoming more grounded.

Signature:

_____ (because commitment hits different when you sign it)

Mariana Thomas