

# MOVING FORWARD WITHOUT RUSHING

*A Mindfully Recharged Reflection Guide*

## Grounding Check-In

Take a breath before you begin.

### Reflection:

Where in my life do I feel pressure to rush right now?

What am I afraid might happen if I slow down?

*Mariana Thomas*

# Momentum vs. Pressure

**Complete the sentences:**

When I feel pressured, my body usually feels...

When something is aligned, my body feels...

**Reflection:** What does true momentum feel like for me?

*Mariana Thomas*

# Redefining Forward Movement

(Check what resonates)

- ☐ I can move forward without urgency
- ☐ I don't need to prove my worth through speed
- ☐ My pace is allowed to change
- ☐ Rest supports my clarity
- ☐ Fewer steps can still be meaningful

**Prompt:** What kind of pace supports the version of me I'm becoming?

*Mariana Thomas*

# Gentle Commitment

**Finish this sentence:** This season, I give myself permission to move forward by...

**Reminder:**

Forward does not have to mean fast.  
Gentle can still be powerful.

**Signature:**

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

Mariana Thomas