

Timeline Tension Reflection

Release urgency and reclaim your own pace.

When this might help:

- The “too late” and “behind” stories are running
- You’re releasing a timeline that was never yours

The practice:

- “What story says I’m behind?”
- “Whose timeline am I trying to meet?”
- “What would it feel like to trust my pace?”

Gentle fallback: One question: “Whose timeline am I trying to meet?”