

Allowing: A Short Reflection for Clarity, Creativity & Confidence

1. **When I hear the word allowing, what do I notice in my body?**

(Resonance, resistance, curiosity, discomfort—write whatever is true.)

2. **What do I associate with allowing?**

- Ease?
- Trust?
- Loss of control?
- Relief?
- Something else?

3. **Where in my life or work am I still trying to force clarity or outcomes?**

What feels tight, effortful, or overly managed right now?

4. **If I allowed more in that area, what might change?**

(Not what would I do—but how might I be?)

5. What does allowing ask me to release—even slightly?

(Control, urgency, certainty, self-pressure, timing?)

6. Complete this sentence:

If I trusted allowing a little more right now, I might discover _____

If I trusted allowing a little more right now, I might discover _____

7. When in your life did allowing serve you?

Closing Prompt

What small act of space could I offer myself today—not to fix anything, but to listen?

Whatever you wrote above, open your calendar and schedule it in. What we schedule, we prioritize. So go ahead and schedule that deliberate space into your calendar.

Clarity doesn't need to be chased. It emerges from space.