

Permission to Pivot Tool

Purpose

Growth doesn't always mean pushing forward.
Sometimes it means adjusting direction.

Notice the Fit

Something may be shifting.

What feels like it no longer fits the way it used to?
(role, goal, routine, expectation, relationship, pace)

Name the Awareness

Check what feels true right now:

- ☐ This no longer fits who I am today
 - ☐ This used to fit, but I've changed
 - ☐ I'm noticing discomfort or resistance
 - ☐ I'm allowed to reassess
-

Give Permission

Read or say quietly: *"I'm allowed to pivot."*

What happens in your body or mindset when you allow that?

Gentle Pivot

No overhaul required.

One small adjustment that feels supportive right now is:

Reflection

Pivoting isn't quitting.
It's responding to growth.
The bridge holds as direction evolves.
