

Human Allowance Tool

Purpose

Being human includes learning, missteps, and growth over time.
This tool helps you offer yourself allowance instead of self-judgment.

Step 1: Notice the Moment

Think about a recent moment of frustration with yourself.

What were you upset about?

Step 2: Normalize

Read or say quietly:

"Being human includes learning."

What does this reminder make room for right now?

Step 3: Offer Allowance

Choose what fits today:

- ☐ I don't need to have this figured out yet
 - ☐ I'm allowed to learn as I go
 - ☐ Mistakes are part of growth
 - ☐ I can be kind to myself while learning
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Step 4: Gentle Reframe

Complete one sentence:

A more human way to see this is:

Bridge the Gap Coaching

Growth doesn't require perfection. Grace supports learning.