

Feeling stuck in life? How discernment turns 'too settled' into alignment
01.09.2025, Zurich



FEELING STUCK IN LIFE? HOW DISCERNMENT TURNS 'TOO SETTLED' INTO ALIGNMENT



Sometimes I catch myself worrying that I've grown too set in my ways. That maybe I've become harder to adapt, that certain parts of life might have already passed me by. There's a part of me that wonders if I've grown rigid, if it's too late to shift course.

But when I sit with that thought (and sitting here doesn't mean a minute or two, it means journaling, reflecting, meditating...), I realize something important: what I once feared as rigidity is actually discernment.

What I've come to understand

I don't want shallow connections or rushed decisions. I crave depth, truth and something that feels real. That means I won't move just for the sake of movement, and I won't say yes just to silence the discomfort of waiting.

That isn't stubbornness - it's self-respect.

Discernment allows me to filter out what doesn't belong in my life. It ensures that when I finally commit, it's not out of fear of missing out, but from a place of deep alignment.

Why this shift is so valuable

For a long time, I thought delay meant failure. Now I see it differently: delay can be refinement. The waiting isn't useless or wasted - it's preparation.

What feels like "being behind" is often the very thing protecting me from settling. And I'd rather take my time and build something lasting than rush into something that was never meant for me. There is something so comforting about this thought.

A reframe for your story

If you've ever worried that you're too rooted in who you are, let this be your reminder: your groundedness isn't a limitation, it's your strength. The older you get, the more powerful your discernment becomes - and that's what makes this season of your life not smaller, but much, much richer.

That voice that says: You're too settled, maybe you missed your chance - that's fear talking. Fear says: You've grown stubborn. You're behind. You're missing out.

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The reality? You know yourself. You trust your depth. You won't waste time on what doesn't resonate - and this is honoring yourself, your time and living in alignment - which is a pretty cool thing to do :)

✨ ✨ Discernment isn't a limitation. It's your strength.

