



spirit of EQ

Emotional Intelligence · Enneagram · Spiritual Formation

A Reflection Sheet

Why Canceling Plans Might Be the Healthiest Thing You Do

Before you write anything, take a breath. This isn't about whether you should cancel more or less. It's about whether you're actually checking in with yourself before you decide — and whether you trust what you find when you do. Sit with these questions slowly.

Where in your life are you most likely to push through when your body and spirit are telling you to stop? What keeps you going when the honest answer would be to pause?

Think of a time you canceled something. Was it avoidance — escape dressed up as self-care — or honest self-knowledge? How did you know the difference, or how did you find out later which one it was?

The post names a two-step sequence: knowing what's true about your internal state, and then acting on it. Which step is harder for you, and why?

Is there someone in your life — a team member, a family member, a friend — who needs permission to stop right now? What would it look like to offer them that?

What does the version of you that shows up rested, present, and genuinely available make possible that the depleted version can't? What's the real cost of pushing through?

A closing thought:

Honoring your actual limits isn't withdrawal from community. It's how you stay in it, over time, without burning down.

Peace and every good.