

Permission to Grow

A printable reflection workbook for
creating hope today, one emotional action
at a time.



Welcome home. There is a seat for you here.

“Changing your mind can be a sign of maturity,
not failure.”

What belief have I never examined?

Many beliefs enter our lives as inheritance before they become conscious choices.

What belief have I carried for so long that I have never actually examined it?

Where did it come from?

A parent? A teacher? A community? A fear?

Catch the Tea Leaves

- ☐ Many beliefs enter our lives as inheritance before they become conscious choices.
- ☐ Faith carried within can survive the disappointment of imperfect systems.
- ☐ Do not confuse protecting a structure with protecting the truth inside it.
- ☐ Changing your mind can be a sign of maturity, not failure.
- ☐ Growth often asks us to loosen our grip so we can hold something truer.

Which one created tension in me?

The Belief Examination

The belief:

What truth was it trying to protect:

Does that truth now ask for a deeper expression?

**Is there a system I am defending that has
become too narrow for the truth I now hold?**

Leave with a drop

“You are allowed to let your beliefs grow alongside your life. Truth can survive the changing of its container.”

One belief I will allow myself to look at with fresh eyes this week:

A Letter Before You Leave

Dear Friend,

If you have been feeling the tension between what you were taught and what you have now lived, I want you to know that you are not failing simply because you are reexamining something familiar.

You are allowed to revisit what you inherited. You are allowed to keep the truth while releasing the parts that no longer fit. You are allowed to carry faith differently than you once did.

That permission is not a threat to your values. It may be the very thing that helps them deepen.

Keep creating HOPE. Keep brewing.

— The Brewmaster
