DLS Vidya
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#004

Thoughtful Thursday

When nothing is going wrong, why do we still have to give something up?

A private page to continue the reflection. There is nothing to submit and no need to arrive at one answer.

Choosing one thing doesn't make the other less valuable. A sensible decision can still carry a cost.

REMEMBER A MEANINGFUL CHOICE

Think of something you chose to leave behind even though you still loved or valued it. What made the choice necessary?

CONSIDER WHAT IT MADE POSSIBLE

Which priorities, opportunities, relationships or needs did that decision help you protect or make room for?

RECOGNIZE WHAT YOU STILL MISS

Beyond the obvious activity or commitment, what friendships, routines, shared experiences or sense of belonging did you leave behind?

WEIGH WHAT MATTERS

If you were making a similar choice today, which practical and emotional factors would deserve the most weight? Is there anything you could preserve in a different way?

Can you stand by a sensible decision and still miss what you gave up?

You do not have to dismiss what mattered in order to recognize what your decision made possible.



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