



A LITTLE DISTANCE

A Little Distance

A five-minute reflection for the things that are harder to see
when you're standing right in the middle of them.

Some things don't get clearer just because we think about them harder.

Most of us know how to work a problem. We make the list, gather more information, talk it through, and turn it over one more time. And still, some things refuse to get clearer.

Not because we haven't tried hard enough. Sometimes we're simply too close.

So don't try to solve anything here.

Give yourself five quiet minutes. Pick one thing that's been taking up some space in your head, and get curious about what looks different when you stop pushing for an answer.

EXPLORE WIDELY. LEAD THOUGHTFULLY.



PAUSE

What are you carrying that could use some distance?

Maybe it's a decision. A question you keep circling. A transition you can feel coming. Or something you haven't quite found words for yet.

Choose one. You don't have to solve it. Just name it.

If no one else had an opinion about this, what would you want?

What do you already know that you've been talking yourself out of?

What possibility keeps coming back, even when you dismiss it?

You don't need a polished answer. A few honest words are enough.



EXPLORE

What kind of distance would help?

Distance doesn't have to mean getting on a plane. Sometimes what we need is simply a change in the conditions around us - enough to interrupt the usual noise and let us think differently.

PHYSICAL	Somewhere different.
MENTAL	Fewer inputs. Fewer decisions.
EXPERIENTIAL	Doing something unfamiliar.
RELATIONAL	Stepping outside the roles other people know you in.
TEMPORAL	Uninterrupted time without rushing to the next thing.

Which kind of distance do you rarely get?

What could you create - even in a small way - this week?



NOTICE

What looks different from here?

Go back to the thing you named at the beginning. You may not have an answer yet. You don't need one.

The point was to notice whether the question looks any different from a little farther away.

What feels clearer, quieter, more possible - or simply worth paying attention to now?

This small pause is at the heart of Ristare.

Creating enough distance from the everyday to hear yourself more clearly. Sometimes that happens in a coaching conversation. Sometimes a change of place helps. Often, it's both.

Sometimes a question needs a little more room.

If something surfaced while you were here - a question, a possibility, or simply the sense that you need more space - you don't have to have it figured out before you reach out.

LET'S START A CONVERSATION
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Keep making room for what matters,
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