



## Flowing & Growing

Follow your heart and your positive change to eliminate distraction.

1. Let it go. How much energy is trapped for you? What one emotion can you release to be more “in the flow”? (hate, anger, bitterness, resentment, worry)
2. Name something you feel is pushed down, stuck, won't let yourself feel?
3. What one way of releasing the energy works for you? (Journaling, mediation, thoughts, breathe & relax)
4. What one external thing controls your internal mood? Ie; Weather = Bad Mood



Exercise:

Name one negative thought that comes to your mind often, take that thought and work through the emotion, then release that energy. Repeat.

### Recap and Repeat:

Commit to \_\_\_\_\_

Commit to \_\_\_\_\_

Release Stuck Energy. What's stuck? \_\_\_\_\_

Take notice: What one thing will you do differently to get back in the flow?