

FINDING YOUR FLOW

INSTRUCTIONS:

FINDING YOUR FLOW

When was the last time you genuinely said to yourself: 'That was unbelievable!' Having fun in life is everything. I hope that after going through this course, you will find the motivation to change, have clarification on the type of life that you want to live, and can find balance in your life.

Fill out your flow chart below, aim to put at least 3 items in all three columns! Don't be afraid to go big here, we are trying to reignite the flame of life for you here, this is what it's all about!

DAILY FLOW	WEEKLY FLOW	BUCKET LIST FLOW
Walk Dog	Play Golf	Walk the Great wall of China