

The Flow Project

The **FREE** five day process
to creating more energy, more joy and more flow in your life and business

Day 2

Meeting your resistance

YOUR ENERGY TODAY

QUESTIONS:

What was your general energy or level of flow on a scale of 1-10 before you did the Flow Process™? Where were you at emotionally? (10=high – feeling positively charged, happy, enthusiastic, energised, raring to go, etc , 1=low – feeling heavy, lethargic, flat, negative emotions, unmotivated, etc).

What parts of your body had tension, resistance, a sense of gripping, discomfort, pain, etc. What was the level of intensity? (out of 10)

When you looked more deeply into those areas what thoughts, emotions or memories were you aware of, and what was the level of intensity (out of 10)?

Write down your Power Statement 10 times and as you write it fully feel it and connect with your vision of what you want to create in life. Feel the intention rippling out into the universe, knowing that cogs are already turning in your favour.

What was the barrier that stood between you and the next step on your path towards manifesting your vision?

What was it made from?

What feelings or emotions did it bring up?

How did it feel to see it there?

The barrier represents resistance - where did you feel it in your body?

What was the level of intensity?

What qualities did the resistance have?

What is the limiting belief? What words came to mind about why you can't move beyond the block?

As you gave it more focus what other feelings or emotions rose to the surface?

Why is this barrier here? What's its purpose?

What is your intention for today? Imagine you are going to bed at the end of another day. How do you want your day to have gone? What do you want to have accomplished and how do you want to feel?

How is your general energy level of flow after completing the Flow Process™ today on a scale of 1-10? What do you feel has changed?

What other insights or observations are you aware of?