

# The Flow Project

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

## Day 3

### Pushing at your edges

#### 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.

Spend 5 minutes to simply write down any thoughts that pass through your mind without censorship.

How did it feel to be the observer of your thoughts? Did you find it easy or did you find yourself getting drawn into your thoughts frequently?

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?