

The Flow Project

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

Day 4

Raise your vibration

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 are the key opportunities that you feel life brought you that led to even greater opportunities, that were in your flow, carrying you in the direction of fulfilling your potential?

Write down 10 things you are grateful for in your life and why you appreciate them (and feel how good it feels as you write them!):

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

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?