



Journal Guide Week 11: Living in the flow, tapping into your greatest gifts

1. Remember 3 times in your life when you were engaged in an activity where you felt you were 'in the zone'. This is where everything flowed easily for you and your gifts were expressed effortlessly. (Describe)

1.

2.

3.

2. How did you experience time during these activities? What qualities of energy were present with them? (Ex: time expands, or no sense of time. Quality: light, free, powerful flow, clear focus, oneness with surroundings).