

Treat this workbook as a journal to track your progress for a month at a time.

Journal Entry 1

Write a paragraph or so at the end of each day on how you tried going with the flow.

Journal Entry 2

Write at least a sentence for how going with the flow plays a role in your: feelings, actions, thoughts and behaviors; daily.

Feelings _____

Actions _____

Thoughts _____

Behavior _____

Journal Entry 3

Write about one way you were brought to think outside the box thanks to going with the flow.
