

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 going with the flow was a part of the day.

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Journal Entry 2

Write at least a sentence for how control and/or self-judgement play a role in going with the flow, and how this affects you: feelings, actions, thoughts and behaviors; daily.

Feelings \_\_\_\_\_

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Actions \_\_\_\_\_

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Thoughts \_\_\_\_\_

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Behavior \_\_\_\_\_

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Journal Entry 3

List any challenges you had in going with the flow and how you plan to overcome them.

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