



## 21 Days of of Flow

Day No.  of Flow

Mantra: .....

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Card of the day: .....

### Evening Practice

Think about your day, your challenges, your in-between moments  
Try to answer the following questions through your mantra and card of the day:  
Am I moving forward in my direction?  
Am I making the most of my resources?  
Are my barriers interfering with my journey?

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Write down in a word or a sentence:  
What am I taking with me from this day?

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