

**Creative Tools & Training for Development** 

## Day No. of Flow

## 21 Days of of Flow

Mantra:	
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?

Write down in a word or a sentence:	

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

Copyright © 2021 by Points of You® All rights reserved in whole or in part in any form. You may not copy, modify, adapt, reproduce, translate, distribute, transmit, or disassemble any aspect of this material.