

# Get in the Flow Exercise

Don't feel trapped in the box!  
Flip it open and let's get out!

## 1. Brain Dump

Do a brain dump! Write down everything that is putting pressure on you, everything that is overwhelming you.



## 2. Take a walk in nature

Go out into nature. Get yourself away from the typical situation that you are in all the time, so that you can see things in a new perspective.

## 3. Think about this...

1. What would it look like if you took the easiest path? What would it look like if you took the path of least resistance?

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2. What would it look like if you stop stuffing yourself in a box?

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3. What would open up for you if you literally open up that box?

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4. What would it look like to remove the expectations and the pressure and the end result and to be in a state of flow in the moment?

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