

PLAY ACTIVITY

As described in the intro section, a River has so much to teach us in its silent persistence. Are we flowing with the current of the river, sitting on it's banks learning a reflective lesson or perhaps caught on a protruding rock or idling/swirling in one of it's eddies.

What relationship do rivers have in your life?

Envision yourself at your river. Where are you in relationship to your river? Are you clinging to a branch along the banks? Stuck in an eddy or on a rock? Is it temporary or have you been there for a while? Or are you flowing freely in it's current, around all of the rocks and obstacles, not getting attached?

What are you doing in your physical, emotional and spiritual realms that contribute to your sense of flow?

1. Draw yourself in your flow as it appears at this very moment. In all of it's glory...good bad indifferent. An honest assessment. What does that look like?
2. Now, take a moment, breathe...breathe some more as you think about what you would like to look like in your flow. Go Big! Bold! Brilliant! And put that down on paper. What does that look like? How does it feel?
3. Step back and look at the two pictures. What do you need to transform yourself into that new flow? Physically, Spiritually and Emotionally. Come up with at least one action step that takes you in that direction and write that in big, bold, brilliance on your picture

**YOU ARE ENTITLED TO THAT FLOW
WORTHY OF THAT FLOW AND
FULLY CAPABLE OF OBTAINING THAT FLOW!**