

# The Grow Model



## GROW YOUR FLOW

Take a look at your week with whom and how you spend your time? What does it show? What are your wins? What are your Ah-ha moments? Where, how, what is your flow? Flow is being in the moment at it's fullest and is a key component to work, all creativity being.

GOALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1 NEW/Art</b>							
Creative							
Fam/Friends							
Fitness							
Events & Fun							
Other							
<b>2 PERSONAL</b>							
Creative							
Fam/Friends							
Fitness							
Events & Fun							
Other							
<b>3 SOCIAL</b>							
Creative							
Fam/Friends							
Fitness							
Events & Fun							
Other							
<b>4 WORK</b>							
Creative							
Fam/Friends							
Fitness							
Events & Fun							
Other							
<b>MY WINS!</b>							

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