

The Grow Model



GROW YOUR FLOW

Take a look at your week with whom and how do you spend your time? What does it show?
 What are your flow wins? What are your Ah-ha moments? Where, how, does your flow go?
FLOW is being fully in the moment - a key component to all work, play, being.

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

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