

0 Flow Journal

During these 28 days, try to keep a journal of your experiences of the exercises. This will help you to see your progress and determine areas that you need to work more deeply on. Jot down a few words about how you felt as a result of the exercises! If you need more space, don't hesitate to keep your findings in a separate journal.



Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Day 8	
Day 9	
Day 10	
Day 11	
Day 12	
Day 13	
Day 14	
Day 15	
Day 16	
Day 17	

O Flow Journal

CONTINUED



Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

