

Spill the T.E.A. Self-Paced Flow Course

Extra Credit: *Accountability*

This worksheet is designed to help you check in with yourself, and make adjustments, after charting a path forward. It could be a day, week, month or year, give yourself space to refine and grow... Let's check in!

How will you check in with yourself to assess what's working and what needs adjustment?

What support, resources, or reminders will help you stay committed to your path forward?

Set a date to check-in: What's working well? Where am I resistant? What adjustments might support me in staying aligned?

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Are my expectations realistic and supportive?

Do I have the access I need to move forward? If not, how can I expand it?

The logo is a circular emblem with a light pink background. The words "SPILL THE" are arched across the top in a sans-serif font. In the center, the word "Tea" is written in a cursive script. Below "Tea" is a line drawing of a teacup filled with red liquid, with two red teardrop shapes to its left. The words "TIME", "EXPECTATIONS", and "ACCESS" are arranged in a semi-circle at the bottom, separated by small dots.

Am I allowing myself the time needed for this process?

Express gratitude and acknowledgment of your commitment to yourself. Inner work is not for the faint of heart and you keep showing up.

Thank you.

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Visit her [webpage](#) and follow her on social media for more.