

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

## Module 1: **Introduction & Course Flow** *Setting the Foundation*

Before we dive into Spill the T.E.A., let's take a moment to set the foundation for your experience. This worksheet invites you to reflect on you — without judgment, just awareness. As you move through this course, you'll return to these reflections to see what shifts and insights emerge.

What drew you to this course? What are you hoping to gain from it?

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What does “flow” mean to you in the context of personal growth? How do you typically approach learning—do you tend to rush through, pause and reflect, or something else?

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How can you create space for this exploration without pressure or expectation?

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