

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

Module 2: **Time**

Exploring Your Relationship with Time

Time isn't just about the hours in a day—it's about how we experience it. This worksheet guides you in reflecting on your personal relationship with time, how it influences your daily life, and where you might feel tension or flow. Through these prompts, you'll begin to uncover patterns and perspectives that shape your experience of time.

How would you describe your current relationship with time?

In what ways do you prioritize your time based on urgency versus alignment with what truly matters? What feels like the biggest barrier to alignment?

Reflect on a recent moment when you felt fully present. What contributed to that experience?
