

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

## Module 4: **Access** *Inventory and Requests*

Access isn't just about what's available—it's about what we recognize, utilize, and benefit from. This worksheet helps you take stock of your current resources (internal and external) while also identifying what you need to seek, request, or cultivate. With this clarity, you can make intentional choices about how to move forward in alignment with what best supports you.

What resources—internal & external—do you currently have access to that support your well-being?

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Where in your life do you feel limited by lack of access? Is it a matter of availability, ability, or awareness?

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How do you navigate spaces & circumstances where you don't have access to what you need? This can be internal and external.

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