

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

Module 5: **Charting a Path Forward**

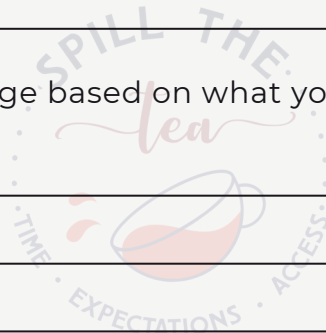
Supporting Integration

This worksheet is designed to help you reflect on what you've learned, set meaningful intentions, and take aligned action as you integrate the Spill the T.E.A. framework into your life. Take your time, be honest with yourself, and allow this process to unfold naturally.

Take a moment to acknowledge your starting point. What insights have you gained from this course?

What do you want to shift or change based on what you've learned? (Remember small, tangible steps are key!)

How do I want to relate differently to Time, Expectations, or Access in my daily life?



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Supporting Integration

What is one action I can take this week that aligns with my insights?

What support or resources can I tap into?



How will I hold space for my growth without forcing or rushing?

This process is ongoing, and each step you take matters. Revisit this worksheet as often as needed to check in, adjust, and continue growing. Be gentle with yourself, and trust that what is meant for you will unfold in its own time.

You are exactly where you need to be.