

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?

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.