



Stay In Flow

WITH TERI HOFFORD

DON'T
QUIT

feelings
feelings
feelings
feelings
feelings
feelings

POWER

Regal Palm

Go
Fre

Woman
line femininity



Hello, my friend! I am so excited to help you become a better version of yourself. This little diagram has helped me learn to recognize when life is taking control, instead of me controlling life and has helped me to make epic shifts to take care of myself! I hope that this will also help you so that you can continue to live your dream and fulfill your passion without burning out.

TERI HOFFORD

Write down how you feel and what happens when:
EXAMPLE

You are start a period of action:

- excitement
- joy
- I work hard
- I have a lot of energy
- I have a lot of ideas
- I feel successful
- I feel confident
- I say yes to other things because I feel good

You stay in a period of action for a long time:

- want to turn into have to
- overwhelmed
- chaotic
- tired
- working hard but feeling it
- start to forget things
- short with clients/family
- not excited to work, but pushes on anyway

Write down how you feel and what happens when
EXAMPLE

You are in a period of no action:

- nervousness about stopping momentum
 - lots of naps
 - clarity
- reading and inputting information
 - I have a lot of ideas
 - I feel grounded
 - I feel recentered
- I spend time with family and friends
 - start to have fun again

You are in a period of no action for a long time:

- gets anxious and needs to move
- lots of ideas with no movement make me frustrated
 - complacent
 - lethargic
 - depressed
 - feel lazy
- frustrated and short with family and friends

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What to do when you need to move to a new "period"

EXAMPLE

When I start to recognize these "symptoms" here are a few things that I can do:

moving from action -> no action

- remove all social media apps from my phone
 - go off the grid
 - hang out in nature
 - nap a lot
 - meditate
 - move joyfully
- spend time with family and friends (that support me)
- embrace my hobbies

moving from no action -> action

- consult with someone who will hold me accountable
- remove all distractions (internet, tv, boundaries, etc.)
- when I get overwhelmed of how big a project is, I will focus on the first step ONLY
 - set a deadline

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EXAMPLE

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moving from action -> no action

moving from no action -> action

