

I. F.L.O.W. Project Content

What does I. F.L.O.W stand for?

I -- Identify stress triggers in your daily life

F -- Flow versus Clench, feel the difference in your body and mind

L -- Leverage the stress triggers and challenges you have right now

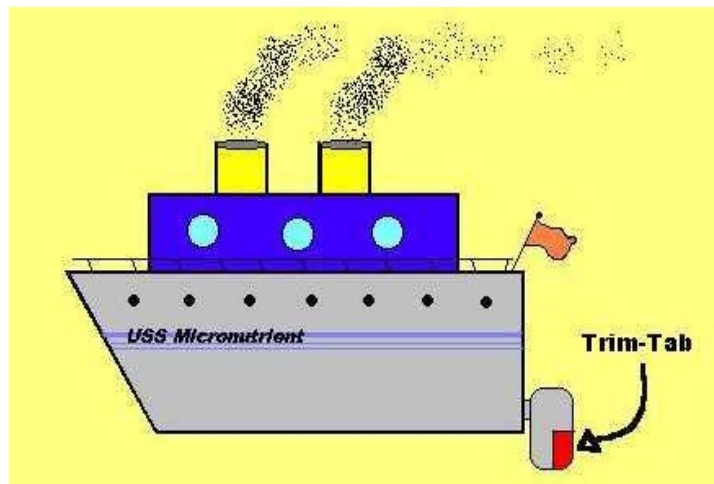
O -- On-the-spot tools help you release Contraction and experience Flow

W -- What works, what doesn't in creating a habit? Tweak and adjust.

Trimtab principle, what it is and how does it influence the I. F.L.O.W. Project?

(Thanks to Buckminster Fuller)

Small, elegant, easy shifts can yield significant results.



Dymaxion Principle: minimum in, maximum out

Community/synergy

Cultivating buddies for me

Co-creation, co-inspiration

What am I proud of?

What do I need help with?



Power tools for stress relief:

Posture

Decompressing neck, shoulders and spine

Power posing

Conscious, “victorious” breath

Emotional Freedom Technique

Basic tapping points

How to use tapping

Subjective Units of Distress

The elephant in the room vs. affirmations

Mindfulness practice, being here now

Celebration, laughter, joy, humor!



How to use the power tools immediately

- Make it easy and fun
- Identify daily stress triggers
- Leverage the challenges
- Create renewal rituals
- Tackle quick winnable victories for empowerment



Self-care marinade vs. “I don't have time or energy for self-care”

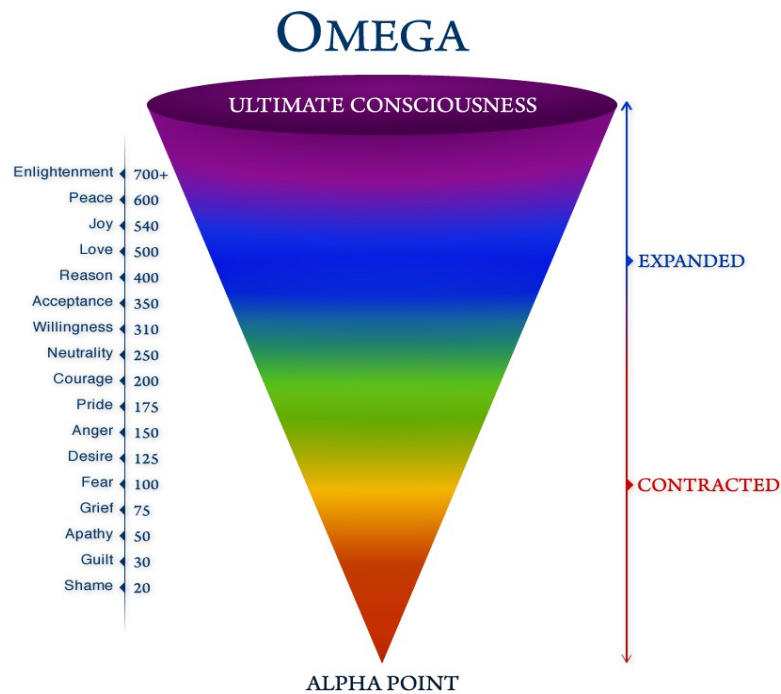
- Create an energy hygiene routine
- Learn key tips for how to create a habit that sticks
- Break it down to smaller doable units
- Integrate, integrate, integrate
- Support buddies to remind, reinforce, celebrate with us



Scale of consciousness

(Thanks to David Hawkins author of *Power vs. Force*)

Practice unconditional self acceptance and compassion
Practice gratitude for positive, negative and neutral
Meditate
Lighten up



Dickens Process

(Thanks to Neurolinguistic Programming, used by Anthony Robbins)
Learn to align conscious and unconscious minds with a powerful 20 minute process for reprogramming limiting beliefs and behaviors.

Often we think we are consciously moving in one direction, but our unconscious minds are unconsciously moving in the opposite direction.

Use this process to eliminate self-sabotage.



Quantum Mind Powers

(Thanks to Jean Houston)

Co-creating with the generous universe

Create “all the time you need” in your subjective perception, vs. clock time

Integrate the quantum mind view: “As viewed, so appears.”

Identify limiting templates from the past

 Rewrite the story

Walk through the curtain of the future

 Create the abundant present

Connect with our Entelechy

Connect with our personal Dream Wisdom Team

Understand multiple doorways to Universal Wisdom and Knowledge

