




GoCreative! Mapping




Flow Creative Practice Chart

Color in, or tick off, the star in each box when you complete 20 mins or more of each flow practice. If you wish, you can use a different color for each practice: orange for F-R-E-E-Writing (FW: mind), blue for Mindfree Movement (MM: body), green for Inspiration Meditation (IM: spirit). Wishing you a starry, starry week.




MONDAY

-  **Mind:** F-R-E-E-Writing
-  **Body:** Mindfree Movement
-  **Spirit:** Inspiration Meditation




TUESDAY

-  **Mind:** F-R-E-E-Writing
-  **Body:** Mindfree Movement
-  **Spirit:** Inspiration Meditation




WEDNESDAY

-  **Mind:** F-R-E-E-Writing
-  **Body:** Mindfree Movement
-  **Spirit:** Inspiration Meditation




THURSDAY

-  **Mind:** F-R-E-E-Writing
-  **Body:** Mindfree Movement
-  **Spirit:** Inspiration Meditation




FRIDAY

-  **Mind:** F-R-E-E-Writing
-  **Body:** Mindfree Movement
-  **Spirit:** Inspiration Meditation

SATURDAY

-  **Mind:** F-R-E-E-Writing
-  **Body:** Mindfree Movement
-  **Spirit:** Inspiration Meditation

SUNDAY

-  **Mind:** F-R-E-E-Writing
-  **Body:** Mindfree Movement
-  **Spirit:** Inspiration Meditation

