

# FLOW

How to turn your  
stumbling blocks  
into  
stepping stones

## WORKSHEETS

**Brenda Eckstein**

BOOK 1 OF THE **F L A G S** BOOK OF IDEAS

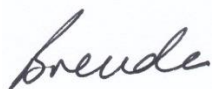
FLOW LEAD ADVANCE GROW SERVE

## Instructions for using the worksheets

So I trust that in having read each chapter of *Flow: How to change your stumbling blocks into stepping stones* and having taken the time to reflect, you now have insights which you would like to record. For this reason we have provided a downloadable and printable workbook for journaling your insights.

The chapters correspond to those in the book. Just to remind you: The first box, called 'Reflection and Generalisation', is where you can reflect on the insights or learning points observed from the chapter and how they apply to your life as generalisations. The second box, called 'Active Experimentation', is where you can write down what action you intend taking. Have fun deciding how you can experiment by doing something differently as a result of the experience of reading the chapter.

Obviously, your main aim in reading the book and completing the worksheets, is to use your talents, notice your energy levels, improve your skills and challenge yourself to a point where you are in a state of flow. If you are an educator, trainer or coach, you'll also be reflecting on how you can help others to find ways of reaching that state.



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FLOW LEAD ADVANCE GROW SERVE

# 1. Regeneration

## Reflection and generalisation

Three of my learning points through reading this chapter:

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## Active experimentation

As a result of the above I am going to take the following action:

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## 2. New Year resolutions: the morning after...

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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### 3. The door of this home

#### Reflection and generalisation

Three of my learning points through reading this chapter:

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#### Active experimentation

As a result of the above I am going to take the following action:

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## 4. The climb

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 5. My view, your view

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 6. The streets where we walk

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 7. Inspirational reflection

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 8. Metaphors that 'land'

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 9. Navigating the future

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 10. Jam

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 11. Electric (wheel)chair or sports car?

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 12. Humour adds life

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 13. Touchstones: catch someone doing something right

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 14. Using resources creatively

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 15. Why Zumba?

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 16. Motivating your mind...Inspiring your spirit

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 17. Relevance

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 18. We shouldn't chase the Universe: it will find us

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 19. Shift your 'should' into 'could'

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 20. Personal networking – a different perspective

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 21. Attitude or behaviour?

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 22. Punctuate your life with purpose

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 23. What is real?

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 24. A letter from my dog...and other new perceptions

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 25. The big picture

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 26. A proverb a day keeps the mind at play

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 27. South Africa: homogeneous or heterogeneous?

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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## 28. On a high note: 2010 FIFA World Cup

### Reflection and generalisation

Three of my learning points through reading this chapter:

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### Active experimentation

As a result of the above I am going to take the following action:

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