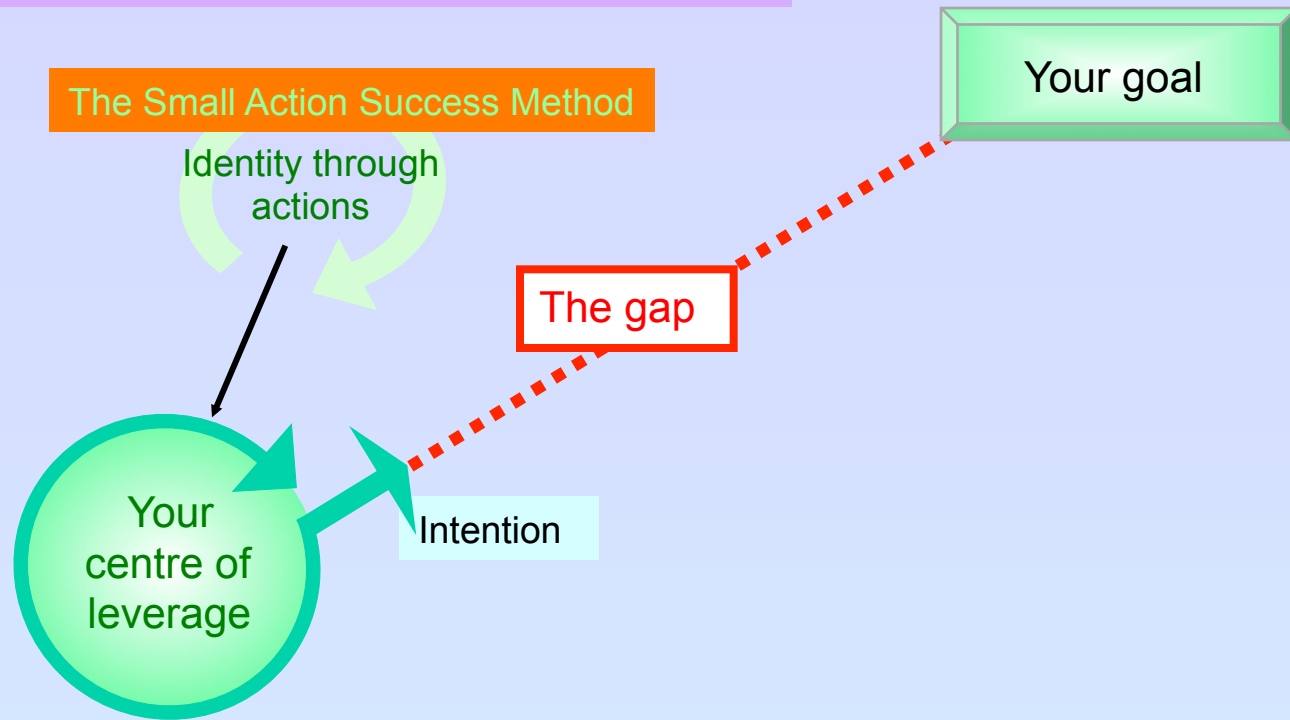


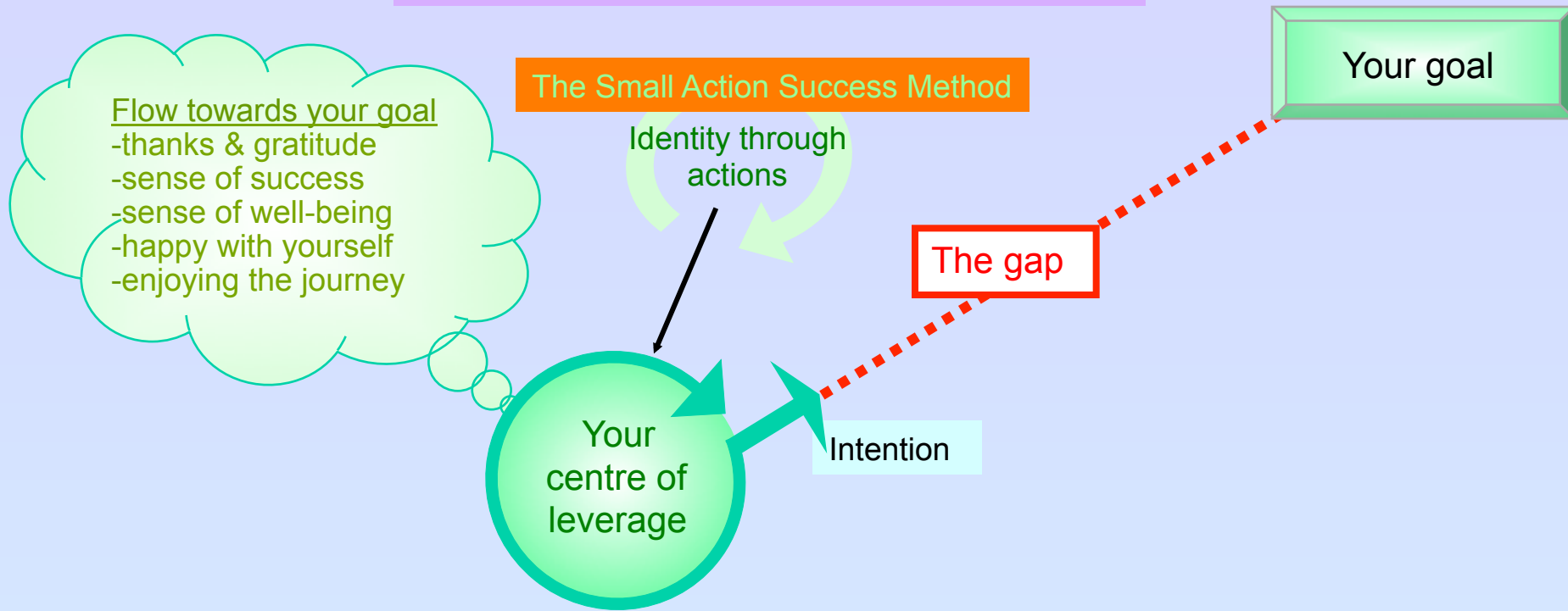
# Enhancing 'flow' towards your goals



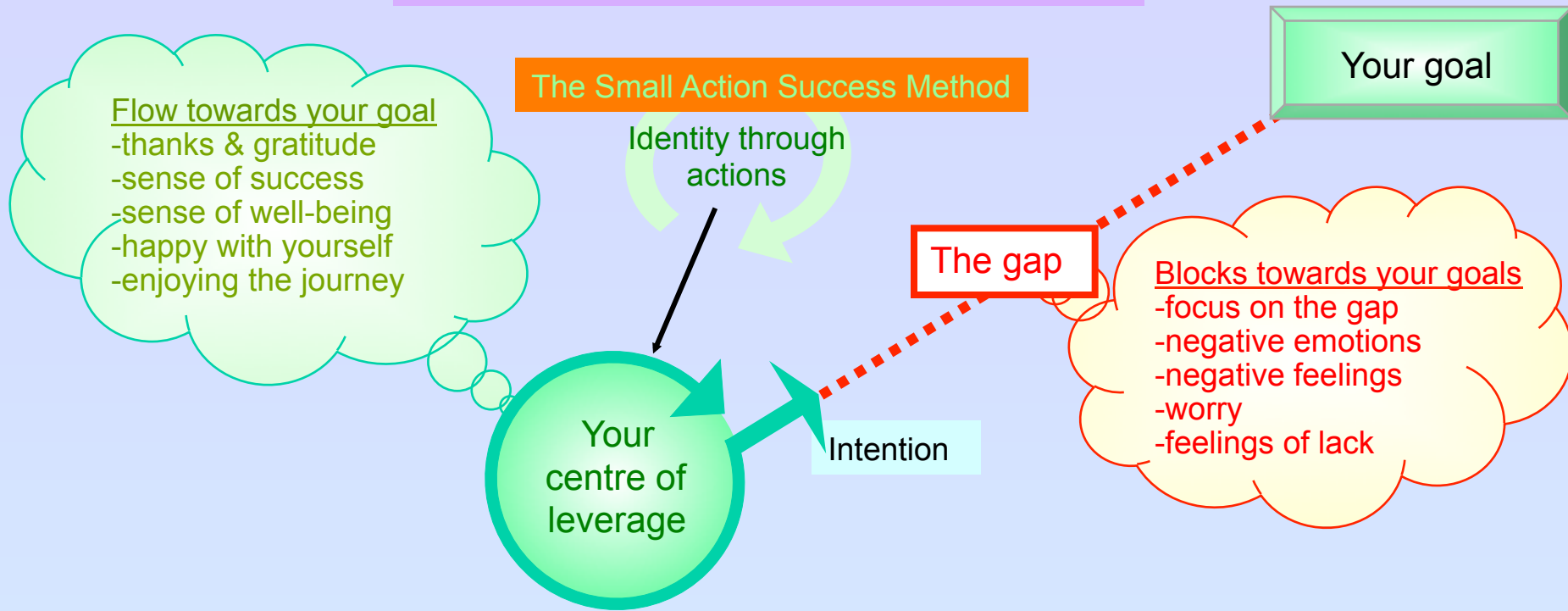
Your centre of leverage is: action, action, action .. no matter what size.  
That gives you identity and power in the presence.

- Start with small actions.
- Daydream about your goals.
- Rejoyce in your progress and give it energy.
- Work from your 'centre of leverage'.
- Apply the grandfather tips.

# Enhancing 'flow' towards your goals



# Enhancing 'flow' towards your goals



# Enhancing 'flow' towards your goals

## The Small Action Success Method

Your goal

Flow towards your goal  
-thanks & gratitude  
-sense of success  
-sense of well-being  
-happy with yourself  
-enjoying the journey

Identity through actions

The gap

Blocks towards your goals  
-focus on the gap  
-negative emotions  
-negative feelings  
-worry  
-feelings of lack

Your centre of leverage

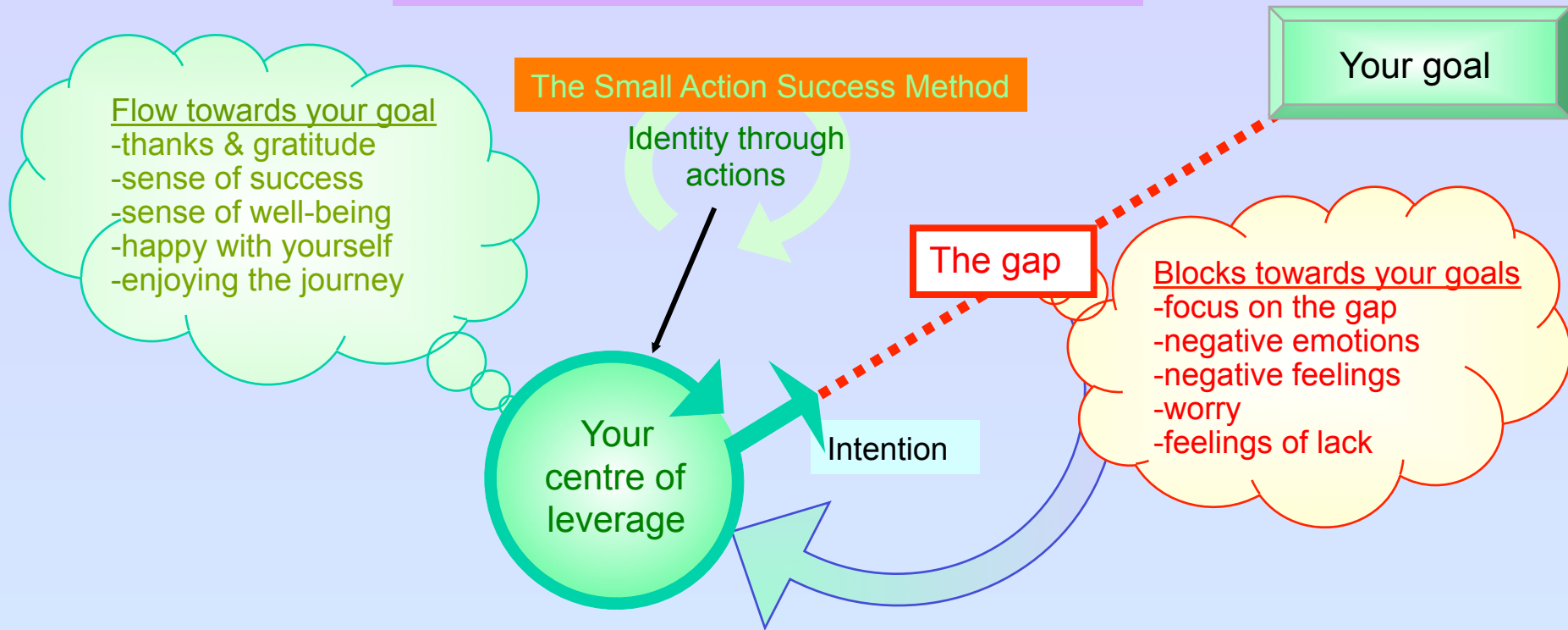
Intention

To promote flow  
See grandfather tips labeled 'P'

Grandfather tips that work for both  
See grandfather tips labeled 'P' and 'R'.

To re-direct or reduce the block  
See grandfather tips labeled 'R'

# Enhancing 'flow' towards your goals



End of session

Close for return to menu.