



LIVING WITH FLOW AND TAO

When we live in flow and connected to our Tao, we start from a place of power, fully aware that we are whole and brilliant and creative and capable.

Flow starts with **Be. Do. Have.**

Be the wonderful person you are, knowing you're not broken but aware and growing and discovering. Be yourself without judgment or expectation.

Do things that are inspiring to you. Do big things that feel inspiring – taking a trip or painting a wall. Do smaller things each day, like walking, stretching, swimming, meditating, journaling, visioning the future, making your favorite tea, using your favorite soap.

Have the results you want with greater ease, the ability to accept them, and the freedom to enjoy them.

If you feel stuck and not living in a state of flow, perhaps your dreams aren't BIG ENOUGH! Dream big! Big enough so you pulled to get there, to focus on the intention, to take the steps and make the changes to get there.

If you don't really want something enough, clutter, "maybes", waiting, worrying, wondering, doubting, stalling, detours, and energy blocks will find their way into your life. That means your dream isn't big enough. Make it a luscious, big, exciting dream! Hold that vision of yourself there. And start living into it.

Look for places in your life that drain you (binge watching shows, social media...) place less energy and time there.

Look for energy excitors! Painting, using colors, writing, music, swimming, dancing, walking, yoga, Tai Chi, the options go on and on. Add some of these into your life.

Your Intentional Life Coach, Carrie Fitzgerald

When you see an issue in your life where you feel stuck, write a list of all the ways you can be the cause of it, not living with the effect of it. Things that put you in the driver's seat where this issue is concerned. These can be small things. Write them all. Then circle a few you can do today or tomorrow. The next day circle a couple more, and again and again. Take charge of the area you most want to take charge of. See how much power you truly have.

When you begin to see how much you are the creator of your life, momentum will take over. Inspiration will guide you take more steps each day.

The more you experience creating your life, the more things begin to change. Your mindset will move into a growth mindset.

Tao:

The unconditional and unknowable source and guiding principle of all reality as conceived by Taoists. The process of nature by which all things change and which is followed by a life of harmony. The art or skill of doing something in harmony with the essential nature of the thing.

Tao is a huge concept and is still very simple – it is true and deep connection.

- Connection to yourself – your body and mind and heart. (It will bring you a more harmonious life.)
- Connection to your interests, loves and desires. (It will bring you a more harmonious life.)
- Connection to nature. (It will bring you a more harmonious life.)
- Connection to all of your environment, including your home, office, car, all of it. (It will bring you a more harmonious life.)

In order to get in harmony with your own Tao, you need to have a relationship with yourself.

A life FULL of Tao look like this:

- Abundance recognized in all ways. Even if there's not great wealth, there's immense satisfaction, gratitude, and appreciation.
- Ample leisure time, or, even if busy, making the most of all the free time there is!
- Exploring talents, interests, and hobbies.
- Taking classes or engaging in learning and personal growth in some way.
- Adventurous on some level, even if the adventure is hosting weekly game nights, or going to a dance or new neighborhood each week.
- Having fun however you define it!
- Respect and engagement with nature, animals, plants, the Earth.

A lifestyle lacking Tao looks like this:

- A tendency to isolate.
- Complaining or dissatisfaction as an ongoing theme.
- Always waiting for the perfect time for any personal pursuit, but there's never really the right time.
- Unfinished projects that get derailed because something always comes up.
- Not much variety.
- Routines without inspiration. Doing what you need or should do but that's it. Not living with and responding to inspiration.
- Habits borne out of exhaustion: excessive screens and zoning out, drinking too much alcohol or caffeine...

A home with powerful Tao looks like:

- Nature, plants, trees, views, natural materials.
- You can see the personality of the person in the space.
- Personal art, memories, photos.
- Less clutter, more order.
- Grounded rooms that feel balanced on each side rather all the furniture piled on one side.
- The walls have thoughtful art on them, the floors feel cared for... it feels thoughtful and tended to.