

# FIND your FLOW



# **KEEP CREATING MONTHLY TRACKER**

**Write down your goal for  
your practice.**

**Color in a letter each day  
you create something to  
keep track of your  
progress.**

**Remember that doing  
something everyday will  
help you to stay in the flow  
as you practice and grow.**

GOAL: \_\_\_\_\_

STAY IN  
THE FLOW  
TO  
PRACTICE  
AND  
GROW!