

# Low To Flow

## Day 1 — Noticing You've Checked Out

Sometimes life feels like you're running on "low battery mode." You still show up — school, work, hanging out — but it's like you're watching yourself from the outside. The spark that used to make things feel lively is dim. That doesn't mean there's something wrong with you. It just means your system is trying to protect you by slowing things down. Today is about noticing it without judgment and taking the tiniest step back towards yourself.

**Physical:** Shake your arms and legs for a minute to a song you enjoy. It doesn't need to look good — just get your blood moving.

**Mental:** Write down one thought that keeps looping in your head. Fold the paper and put it aside. Tell yourself, "We'll deal with this later."

**Emotional:** Name one feeling you experienced today. Even if it's just "tired" — that counts.

**Spiritual:** Breathe in through your nose for 4 seconds, hold for 2, then exhale out your mouth for 6. Do this three times.

### Closing Note:

Showing up today means you've already started. You don't have to sprint, you just need to know you're still here.