

# #17 – THE FORCING VS. FLOW CHECK

*Five questions to reveal whether you're pushing against truth... or growing into alignment.*

Not everything that's hard is wrong –  
and not everything that feels stuck is meant to stop.

This guide helps you see whether your effort is creating progress...  
or draining your life force.

## **1. Is this resistance coming from misalignment or from discomfort with growth?**

Misalignment feels heavy, stagnant, draining.  
Growth feels uncomfortable but meaningful.

Your thoughts: \_\_\_\_\_

## **2. Am I the only one putting in effort, energy, or emotional labor?**

If you're the engine, the fuel, and the map –  
you're forcing.

Your thoughts: \_\_\_\_\_

## **3. Does this feel like something I *want* to keep trying... or something I'm afraid to stop trying?**

Fear traps you in cycles.  
Desire moves you forward.

Your thoughts: \_\_\_\_\_

## **4. If I stopped forcing, what would naturally fall away – and what would naturally remain?**

What's meant for you doesn't need chasing.  
It meets you halfway.

Your thoughts: \_\_\_\_\_

## **5. After I engage with this, do I feel expanded or depleted?**

Expansion = aligned challenge.

Depletion = forced effort.

Your thoughts: \_\_\_\_\_

## **FINAL REMINDER:**

Flow is ease – it's cooperation with truth.

Forcing feels resistant, difficult to find a rhythm, frustrating.

Your energy knows the difference before your mind does.