

#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.