



What is currently **BLOCKING** your **FLOW**?

...and what to do about it!

How to complete this quiz:

Answer the following questions, scoring each section out of 10.

A 'YES' equals one point.

1. FAITH (Do you Trust yourself and life?)

1. Do you trust yourself to make confident decisions?
2. Do you trust your intuition and spiritual guidance?
3. Do you make time to connect to your inner guidance and/or spirit guides?
4. Do you know how to connect with them?
5. Do you believe that you will always have everything you need?
6. Do you believe that everything is working in your favour, despite appearances?
7. Do you have a regular spiritual practice? E.g. yoga, meditation, walking in nature?
8. Do you have a space in your home which feels sacred and safe?
9. Are you able to see beyond your current reality and imagine your desired life?
10. Do you know that you are loved and supported?

Score out of 10:

2. LEAP (Do you have the Courage to Let Go?)

1. Do you act on your intuitive nudges?
2. Do you trust your subtle knowing, over your logic?
3. Can you find the courage to let go of that which no longer serves you?
4. Are you able to take the leap before knowing the full plan?
5. Do you feel safe enough for the universe to show you the way, one step at a time?
6. Do you know what it is you currently need to let go of?
7. Can you step out of your comfort zone?
8. Do you trust that all of your needs will always be met?
9. Do you believe that change and growth is what your soul signed up?
10. Do you allow yourself to move towards that which you truly desire?

Score out of 10:



3. OPEN (Are you honouring your Emotional World?)

1. Can you cry?
2. Do you allow yourself to cry?
3. Can you receive support?
4. Can you ask for help?
5. Can you show vulnerability with others?
6. Can you be honest with yourself?
7. Can you receive what you need with ease?
8. Do you allow yourself to slow down and be still?
9. Do you feel worthy and happy even when resting?
10. Can you grieve the things you have released, lost or have let go of?

Score out of 10:

4. WAIT (What does REST bring up for you?)

Do you agree with the following statements:

1. There is no rush
2. It's safe to stop
3. It's safe to relax
4. It's safe to be still
5. Resting is as productive as 'doing'
6. Pausing, reflecting and integrating is important after a big change or loss
7. Slowness is sacred
8. I trust the divine timing of my life
9. I am exactly where I need to be
10. I'm right on schedule and doing a wonderful job

Score out of 10:



THE RESULTS!

Check which section/s had your lowest score? These need your ATTENTION first.

Below you will find **Simple Tips and Solutions** to help you experience more FLOW in your life.

1. FAITH: Increase Trust in Yourself and the Universe.

Carve out some time daily to connect in silence with yourself. Notice how you are feeling.

Ask for guidance, signs, and help on anything that is troubling you.

Write it down. It may not make sense initially but trust that it will.

Read one of my books 'How to REALLY go with the FLOW' or 'Letting Go Reluctantly'.

Or purchase a set of my Oracle Cards (Flow or Psychic Art) to pull one daily, to put you straight in touch with your guides. <https://www.flowwithdani.co.uk/category/all-products>

2. LEAP: Bravely Let Go of What No Longer Works for You.

If you are stuck and can't quite take the action you know you need to take, have compassion for yourself and the fear you are feeling.

Or maybe you are in denial about what isn't working for you? It's hard to admit these things sometimes, you are protecting yourself and others from the pain of loss.

Leaping is always scary and sometimes you need support to do it!

Book a 1-1 with me for a boost of courage and confidence www.flowwithdani.co.uk/flow or join our Flow Community to connect with other brave souls.

www.flowwithdani.co.uk/membership

3. OPEN: You are a SENSITIVE SOUL; it's time to honour this.

Feel what you are feeling. Blocked EMOTIONS, block forward MOTION in our lives.

If you struggle to cry, put on some sad music or a film that helps to get the tears flowing.

Book a healing session – I can feel what you are hiding from yourself, it's a very powerful and supportive experience.

You are not alone my Flow Friend. You deserve support www.flowwithdani.co.uk/flow

My Channelled Artwork is incredibly healing too – it's like a personalised tarot card infused with deep subconscious healing.



I have a secret art gallery you can browse (email connect@flowwithdani.co.uk to receive the link) for you to intuitively choose what your soul needs. I'll send out the artwork, together with some channelled words/ affirmations for you to work with.

4. WAIT: Patience or Persistence? Know when to STOP.

Get good at being patient and surrendering to divine timing.

There is a good reason things aren't happening just yet. You are being prepared for your next leap.

BUT first you need to charge your batteries up.

Downtime is essential, not optional. Give yourself permission to REST.

Can you do nothing on purpose? Journal about any impatience that comes up.

If this really frustrates you, connect with my course 'From Fearful to Faithful' to explore deeper, the roots of your feelings and to channel your energy into something useful:

<https://www.flowwithdani.co.uk/onlinecourses>