



# Flow to Self

a path to authentic living

## Charting Your High Tides

mapping what to look forward to and what supports you

Research suggests anticipating meaningful experiences can boost wellbeing, motivation, and positive emotion. Anticipation shapes how we move through life.

This space invites you to explore the experiences, milestones, and moments you're excited to welcome over the coming year.

Mark the ideas you're drawn to:

- travel
- retreats
- workshops or classes
- creative projects
- celebrations
- personal milestones
- moving or creating a new home
- welcoming a new family member (baby or pet)
- learning a new skill
- nature adventures
- hosting a gathering
- visiting someone you love
- day trips
- community events
- rest or solo time you want to protect
- something spontaneous
- live music or events
- reunions
- creative collaborations
- trying something that scares or excites you
- home projects
- adding something to your life
- anything else you want to anticipate...

Now choose four High Tides you'd like to chart over the next 12 months.

### High Tide 1

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What could this look like?

When could this happen?

What would help make this happen?

### High Tide 1

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What could this look like?

When could this happen?

What would help make this happen?

### High Tide 3

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What could this look like?

When could this happen?

What would help make this happen?

### High Tide 4

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What could this look like?

When could this happen?

What would help make this happen?

Place each High Tide where it feels most aligned over the next 12 months.

 **Spring** \_\_\_\_\_

 **Summer** \_\_\_\_\_

 **Fall** \_\_\_\_\_

 **Winter** \_\_\_\_\_

Notice if your High Tides are close together.  
Would it be more supportive to create some space?

Notes/Reflections: