

NAIL Freedom and Flow

Blending Creativity, Wisdom & Practice

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The Creative's Swiss Army Knife



N: notice & note

What do I need to notice?



A: attune, accept & acknowledge

What do I need to accept?



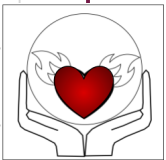
I: inquire into interests

What do I need?



L: let go to let love

What do I need to let go of?



What do I need to love?



Receive insights and let insight inform implementation: What 21 possible, practical, plausible things might I try that is aligned to my intention?