

Overflow Activity

Complete this worksheet after you listen to the meditation activity

What do you need in this season?

List 5 things that you need to let go of:

- 1.
- 2.
- 3.
- 4
- 5.

List 5 things that are flowing over you:

- 1.
- 2.
- 3.
- 4
- 5.

Write out what you felt while imaging yourself under the waterfall:

Write out what you're receiving in this season

What do you have hope in?