

Your Flow Tracker

WORKBOOK

Your Flow Tracker

Copyright © 2025 The Jörni

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

The Jörni is a registered trademark of PJB Marketing International SAS.

For permission requests, please contact:

help@thejorni.com

<https://thejorni.com>

Disclaimer: This workbook is provided solely for educational and organizational purposes. The content, tools, and suggestions in this workbook are not intended as financial, medical, or legal advice and should not be relied upon as such. All decisions and actions taken based on the information provided in this workbook are the sole responsibility of the user. Neither the author nor the publisher shall be liable for any injury, financial loss, or other damages resulting from the use of this workbook. If you have specific concerns, please consult a qualified professional before proceeding.



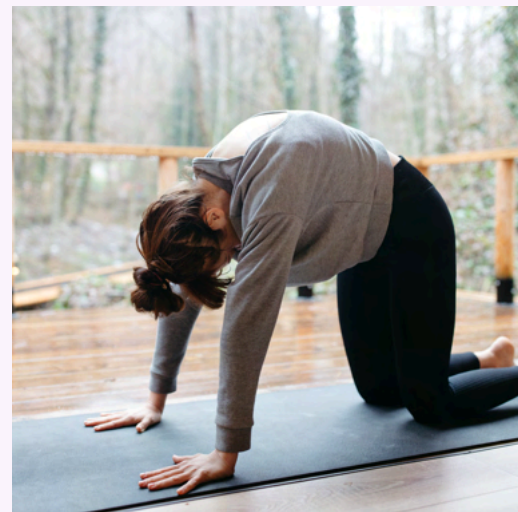
Welcome to Your Flow Tracker! This workbook is designed to help you document and reflect on your flow practice as you build your daily routine. By tracking your experiences, you'll discover what works best for your body and mind and deepen your connection to the flows.

Consistency is key when developing a practice. Using this tracker regularly will help you notice patterns, gain insights, and build confidence in choosing and practicing flows that support you. Over time, you'll create a practice that feels intuitive and tailored to your needs.

1. Build awareness of how different flows affect your energy and emotions
2. Recognize patterns in how and when certain flows work best for you
3. Gain confidence in choosing flows that support your daily needs
4. Create a personalized, adaptable practice that evolves with you

HOW TO USE THIS WORKBOOK

1. Set aside a few minutes after each flow to fill in the tracker
2. Record the date, the flow you practiced, and why you chose it
3. Reflect on what you noticed during and after the flow
4. Use this tracker daily to observe patterns over time
5. Revisit your entries to see how your practice evolves and which flows are most supportive
6. Use your insights to refine your flow practice and build a routine that feels right for you



YOUR FLOW TRACKER

Use this tracker to record your flow practice. Note the flow name, why you chose it, and what you noticed during or after.

DATE

FLOW NAME

WHY?

WHAT I NOTICED

DATE

FLOW NAME

WHY?

WHAT I NOTICED

DATE

FLOW NAME

WHY?

WHAT I NOTICED

DATE

FLOW NAME

WHY?

WHAT I NOTICED

DATE

FLOW NAME

WHY?

WHAT I NOTICED

DATE

FLOW NAME

WHY?

WHAT I NOTICED

DATE

FLOW NAME

WHY?

WHAT I NOTICED

DATE

FLOW NAME

WHY?

WHAT I NOTICED

DATE

FLOW NAME

WHY?

WHAT I NOTICED

Thank You

FOR EXPLORING YOUR FLOW TRACKER WORKBOOK

This workbook is just the beginning, a powerful way to deepen your awareness, reflect on your experiences, and explore your healing journey with curiosity and compassion. If you've found these tools helpful, we invite you to continue exploring this transformative path with us.

Discover the full **Functional Freeze Formula** in the book, where you'll gain a deeper understanding of Functional Freeze and the tools to support your healing journey.

If you wish to continue working with these tools in a more profound way, we offer free practice circles as well as guided programs that bring together live sessions, community, and advanced practices to help you grow beyond survival mode and create lasting change.

For the most up-to-date information on upcoming events and programs, please [visit our website and sign up for our newsletter.](#)

Wherever you are on your journey, give yourself permission to take things one step at a time. Progress happens in the small moments, and every step matters.

We're so glad you're here!