

Ebb N Flow Intensive

QUICK COURSE GUIDE

Purpose: Name the water, separate noise from what matters, identify anchors/weights/beacons, balance energy, adapt when the tide turns, and take one Drop of Hope back into life.

Complete the program

1	Watch the complete Ebb N Flow Intensive presentation.
2	Use the Participant Workbook for the guided experience: Name the Water, Loud ≠ Important, Anchor • Weight • Beacon, and Energy Balance.
3	Practice adapting your plan when energy or circumstances change.
4	Choose a ZENYA-sized next move matched to the actual signal.
5	Use the Activities & Handouts as take-away cards, maps, or trackers where useful.
6	Finish with one Drop of Hope and one next move you can use in ordinary life.

What counts as complete: Watch the presentation, use the workbook where helpful, participate in the core practices, and choose a real-life next step. Private reflection counts. Pass is a complete answer.

Keep Brewing: Save the workbook and any activity tools that are useful to you. Return to the Learning Library resources when you want a refresher.

NAME THE WATER

EBB N FLOW INTENSIVE • PARTICIPANT EXPERIENCE

A season is information. Stop grading the water.

MY WATER RIGHT NOW

THE STORY I KEEP ATTACHING TO IT

KEEP IT REAL

EBB • FLOW • STORM • CALM • CHOPPY • STUCK • TURNING • MY OWN WORD

Low energy is not automatically laziness. High energy is not automatically health. Calm is not automatically good. Motion is not automatically progress.

LOUD ≠ IMPORTANT

EBB N FLOW INTENSIVE • PARTICIPANT EXPERIENCE

Urgency is a volume setting, not a value system. Sort what is making noise before adding another habit.

WHAT KEEPS WINNING SIMPLY BECAUSE IT IS LOUD?

WHAT IMPORTANT THING HAS BECOME QUIET BECAUSE IT NEVER SCREAMS?

ONE PIECE OF NOISE I CAN REDUCE BEFORE I ADD ANYTHING

LOUD • IMPORTANT • MINE • NOT NOW

ANCHOR • WEIGHT • BEACON

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MY ANCHOR

What steadies me enough to stay connected to myself?

A WEIGHT

What am I carrying that keeps me from moving?

MY BEACON

When I cannot see the whole shoreline, what helps me know direction?

REMEMBER: Something can change jobs. A routine can anchor you in one season and weigh you down in another.

ENERGY BALANCE BEHAVIORS

EBB N FLOW INTENSIVE • PARTICIPANT EXPERIENCE

Balance is behavior - not a permanent state. Choose for the energy actually available.

THE BEHAVIOR I NEED NOW

WHAT BEHAVIOR DO I OVERUSE BECAUSE IT ONCE WORKED?

WHAT BEHAVIOR DO I AVOID BECAUSE IT FEELS UNPRODUCTIVE?

MOVE • REST • FOCUS • SPACE • CONNECTION • FUEL • FUN • QUIET • DIRECTION • PUSH • PAUSE • PROTECT • PLAY •
PIVOT • CONNECT • COMPLETE • RELEASE

WHEN THE TIDE TURNS

EBB N FLOW INTENSIVE • PARTICIPANT EXPERIENCE

You made the perfect plan. Now subtract 40% of your energy. Redesign - don't borrow imaginary energy.

WHAT GETS SHORTENED?

WHAT GETS MOVED / DELEGATED / DECLINED?

WHAT GETS PROTECTED?

IF SOMEBODY ELSE NEEDS ME, WHAT CAN I RENEGOTIATE WITHOUT PRETENDING MY NEEDS DISAPPEARED?

IF THE THING I TRY DOESN'T HELP, WHAT DATA DID I GET?

ONE DROP BUILDER

EBB N FLOW INTENSIVE • PARTICIPANT EXPERIENCE

SHAKEN helps us look. ZENYA helps us move. Build one action that can bend with real life.

WHEN _____ HAPPENS

I WILL NOTICE

MY EBB N FLOW BEHAVIOR IS

MY ZENYA MOVE IS

IF LIFE GETS MESSY I SHRINK IT TO

MY EBB N FLOW CARD

EBB N FLOW INTENSIVE • TAKE-HOME CARD

NAME THE WATER

MY ANCHOR

A WEIGHT I CAN CHANGE MY RELATIONSHIP WITH

MY BEACON

THE ENERGY BALANCE BEHAVIOR I NEED NOW

MY ZENYA-SIZED NEXT MOVE

MY ONE DROP OF HOPE

You do not need to control the tide. Carry one useful thing - not a new lifestyle assignment.