

# Making Completions

## Benefits:

- Completions open up creativity and vitality
- Increase of harmony and intimacy with family and friends
- Quick powerful shift from adrenalin to ease and flow

## What keeps us from making completions?

- Where to start, or, the experience of overwhelm
- Fear of letting go of a familiar structure, dying
- No models

## Symptoms of Incompletion:

- Sense of flatness, dullness, or big spikes of adrenalin
- An event, person or thing keeps coming to mind
- Avoiding people or events

Example: You call a friend or colleague and experience a feeling during the conversation that you don't express. You then find yourself "forgetting" to get back to that person, distracting yourself with other projects, and you become distant.

## Simple Incompletion Activity:

Use the following sheet to list incompletions of all kinds: phone calls, money owed, letters, projects on the back burner, etc. Just start with what comes to mind. As you list things you'll free your brain from sorting and filing and make room for problem-solving, creative expression and harmonious interactions. You may notice that all incompletions decrease your creative energy, so any that you complete will ignite more vitality.

## Example:

<u>Incompletion</u>	<u>Next Action</u>	<u>By When</u>	<u>Completed</u>
Cleaning out spice cabinet	Sort one tray	Sunday night	<input type="checkbox"/>

