

Here's a little chart I created to help you know the difference between effort vs. effortless

Invitation to Connect	Connected Way of Being
Effort	Intentionally Effortless.
Feedback	Flow
Thinking brain	Knowing
Noisy mind	Clear-minded
Distracted/disconnected	Focused/Connected
Stuck/challenged	Sense of direction and clarity
Indecisive	Decisive
Distrusting of our own information. Seeking out advice.	Trusting your path and timing
Feeling lose	Even if you speak to others, you resonate with what feels best for you
Stuck in pictures	Chakras balanced
Spend time with screens to disconnect and escape	Spend time in nature
Busy/leaky boundaries	Owning energetic space
Feeling guilt and shame	Feeling poised
Feeling righteous or self-defeated	Grateful heart
Depressed	Inspired
Ungrounded	Grounded

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