

# GET FLOW NOW

Maximize YOU, by hacking yourself into the state  
of flow anytime you desire

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# Outline

- Define The State Of Flow
- Warnings
- Stages
- The reality of flow
- Triggers
- To do list

# FLOW Defined

FLOW is an optimal state of consciousness, a peak state where we both feel our best and perform our best

“You know that what you need to do is possible to do, even though difficult, and *sense of time disappears. You forget yourself.* You feel part of something larger.”

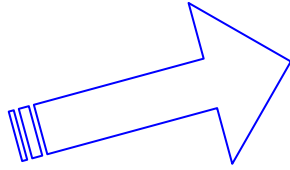
—Mihaly Csikszentmihalyi

# WARNINGS!!

- Proceed at your own risk!!
  - The state of flow produces most addictive chemicals, naturally.
  - Addiction is real concern
  - Overdoing it is a real concern
- Mindfulness must be present
  - Don't neglect health
    - Ergonomics
    - Physical – exercise, meals, etc...
  - Relationships
    - Too easy to neglect 'unimportant' things when absorbed in flow

# Stages of Flow

## 1. Struggle

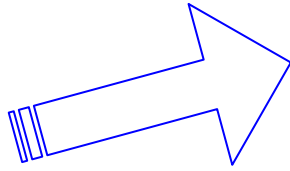


Study, push, cram,  
almost panic...  
overloading the brain  
with input, *focused*  
on something

# Stages of Flow

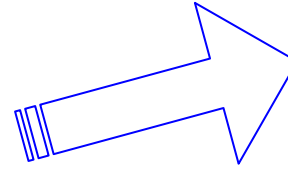
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## 2. Release

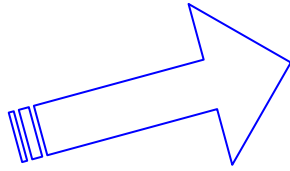
Physical, boring,  
repetitive restfulness  
– NOT using your  
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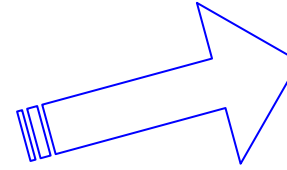
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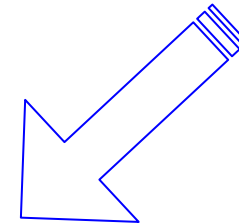
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## 3. FLOW

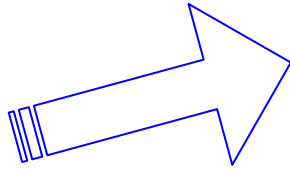
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everything and  
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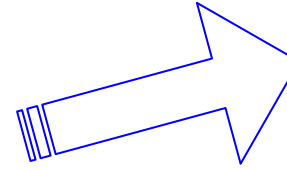
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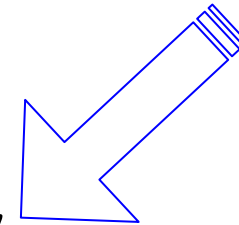


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## 4. Recovery

Consolidation, learning & comprehension retention...  
CRASH – depression, frustration (anger)

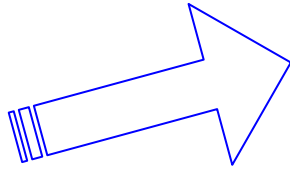




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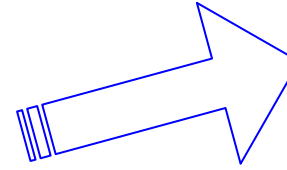
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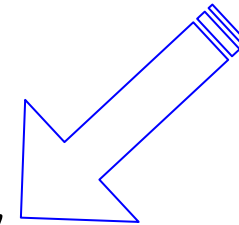
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Your Actions here  
are VITAL -  
Be smart!!!

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# FLOW What's Really Happening?

- Previous concept
  - Elevated, accelerated brain activity – because they appeared ‘superhuman’
- Current understanding (latest fMRI & other research)
  - ***Decreased*** brain activity - Quick summary: **Your brain gets out of your way and you simply perform!**
  - Areas affected include:
    - Time
    - Self
    - Perceptions (all senses)
      - Fear of harm
      - Connection
      - Precognition even!

# Flow Triggers

- Environmental
  - High Consequences
  - Rich Environment
  - Deep embodiment
- Creative Trigger – creativity triggers flow, then flow enhances creativity
  - Pattern Recognition
  - Risk Taking

# Flow Triggers: Social

These triggers surround working in groups, building effective teams for example:

- Serious Concentration
- Shared, Clear Goals
- Good Communication
- Familiarity
- Equal Participation (and skill levels)
- Risk
- Sense of Control
- Close Listening
- Always Say Yes

# Flow Triggers

- Psychological
  - Intensely focused attention
  - Clear Goals
  - Immediate feedback
  - Challenge to skills ratio appropriate (~4%)
- What practices can you put into place to leverage these triggers?

# Practices

- Recognize, acknowledge and plan for stages of flow
- Mindfulness
  - Be aware and embrace all stages of flow
- Execute a “Flow Launch” sequence
  - Custom, unique to the individual

One KEY item to start practicing immediately –  
living in the now!

# NOW

- Conscious, aware and present with all of your senses
- Not thinking of the past, or future

“Living in the moment, is living the dream. You once dreamed for this moment to come, it has. You are living your dream, as long as you are truly living in this moment.” -unknown

# To Do:

- Sharing is Caring!

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- Leave feedback, comments, and let everyone know your biggest takeaway from our time

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