

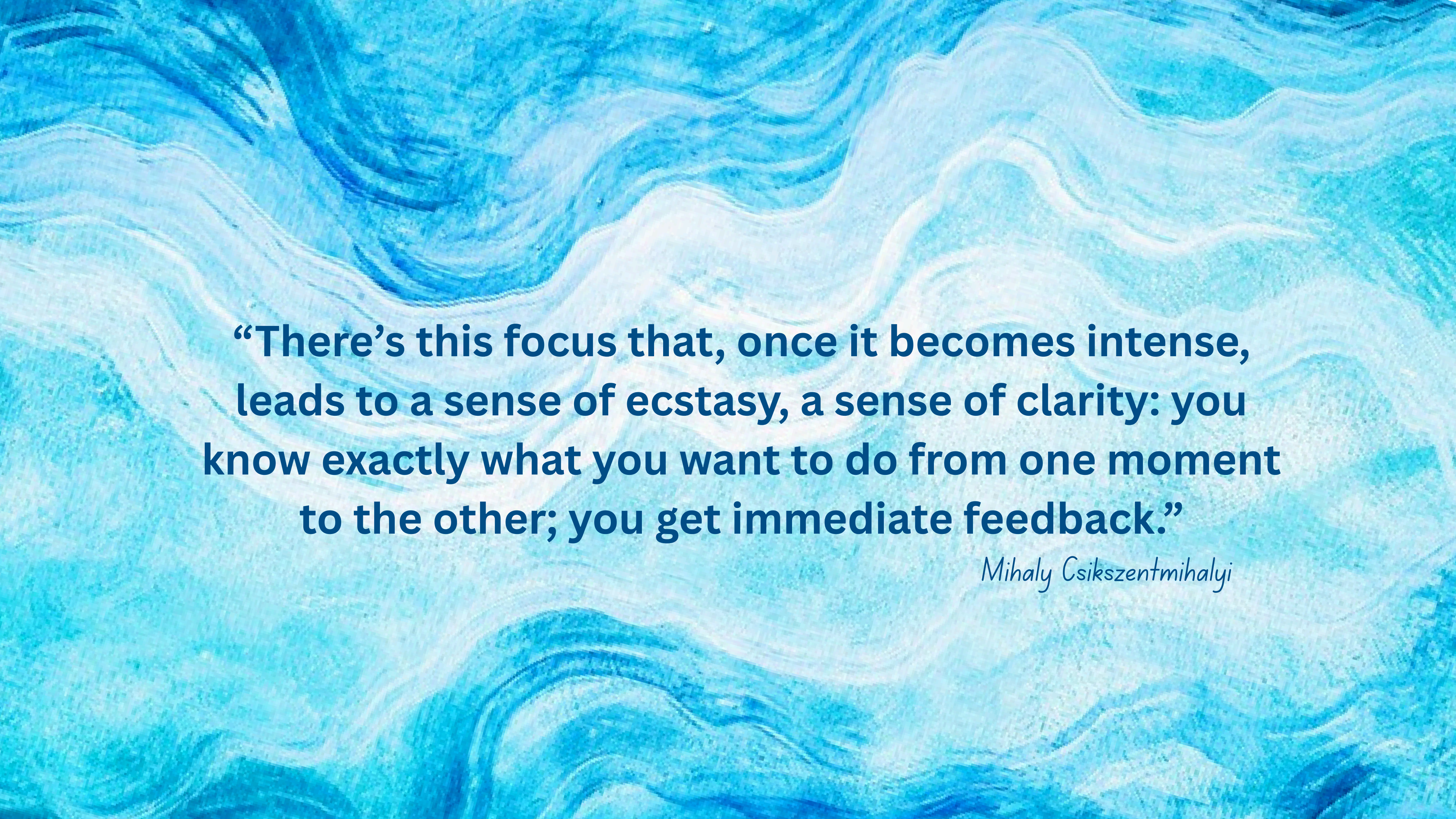
Go With The

FLOW



FLOW STATE





“There’s this focus that, once it becomes intense, leads to a sense of ecstasy, a sense of clarity: you know exactly what you want to do from one moment to the other; you get immediate feedback.”

Mihaly Csikszentmihalyi

- 
1. **Completely Involved**
 2. **Ecstasy**
 3. **Great Inner Clarity**
 4. **Serenity**
 5. **Timelessness**
 6. **Intrinsic Motivation**

**BEING IN
FLOW**





The Good Stuff



Intense Concentration

Be in the zone, and reach deeper levels of focus



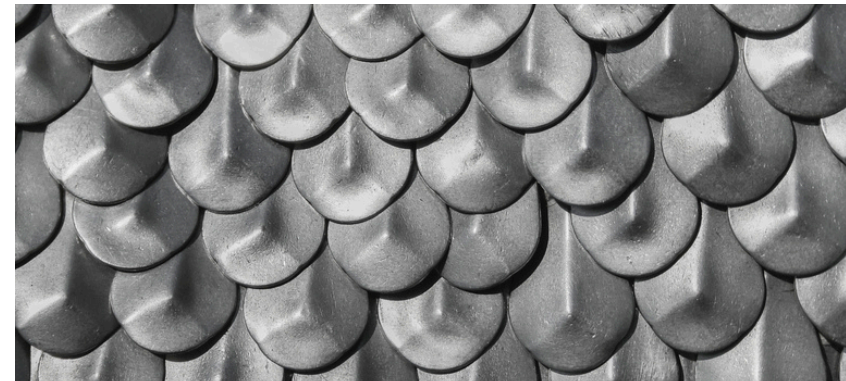
Highly Rewarding

Activates nodes associated with achievement.



Not Taxing

In fact, may feel energized afterward.



Boost Resiliency

Helps refocus thoughts away from stress to enjoy



BRAIN BENEFITS

FINDING THE FLOW



PREPARE

ENGAGE

PRACTICE



Three Steps

Choose Activity

Decide on what activity or project needs extra attention

Set Clear Goals

Set aside a time for the work and what you want to achieve.

Eliminate Distractions

Create an environment to create flow.

PREPARE





CHOOSE THE

ACTIVITY

STRATEGIC CHOICE

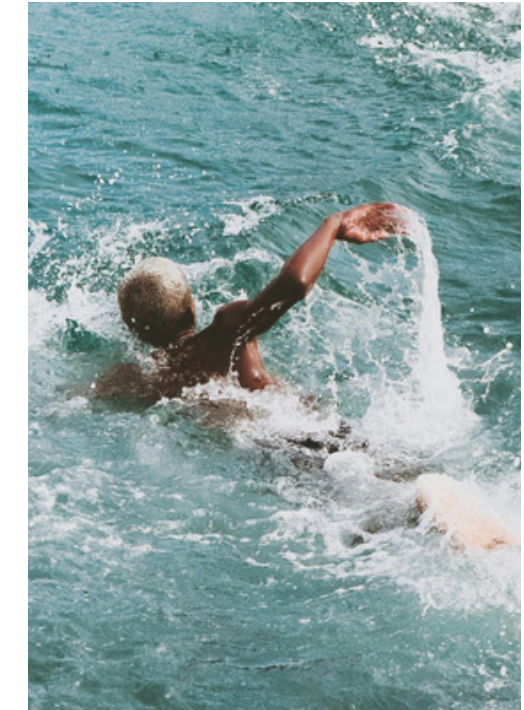


Things to consider



Time

Choose an assignment that is worth dedicating time to.

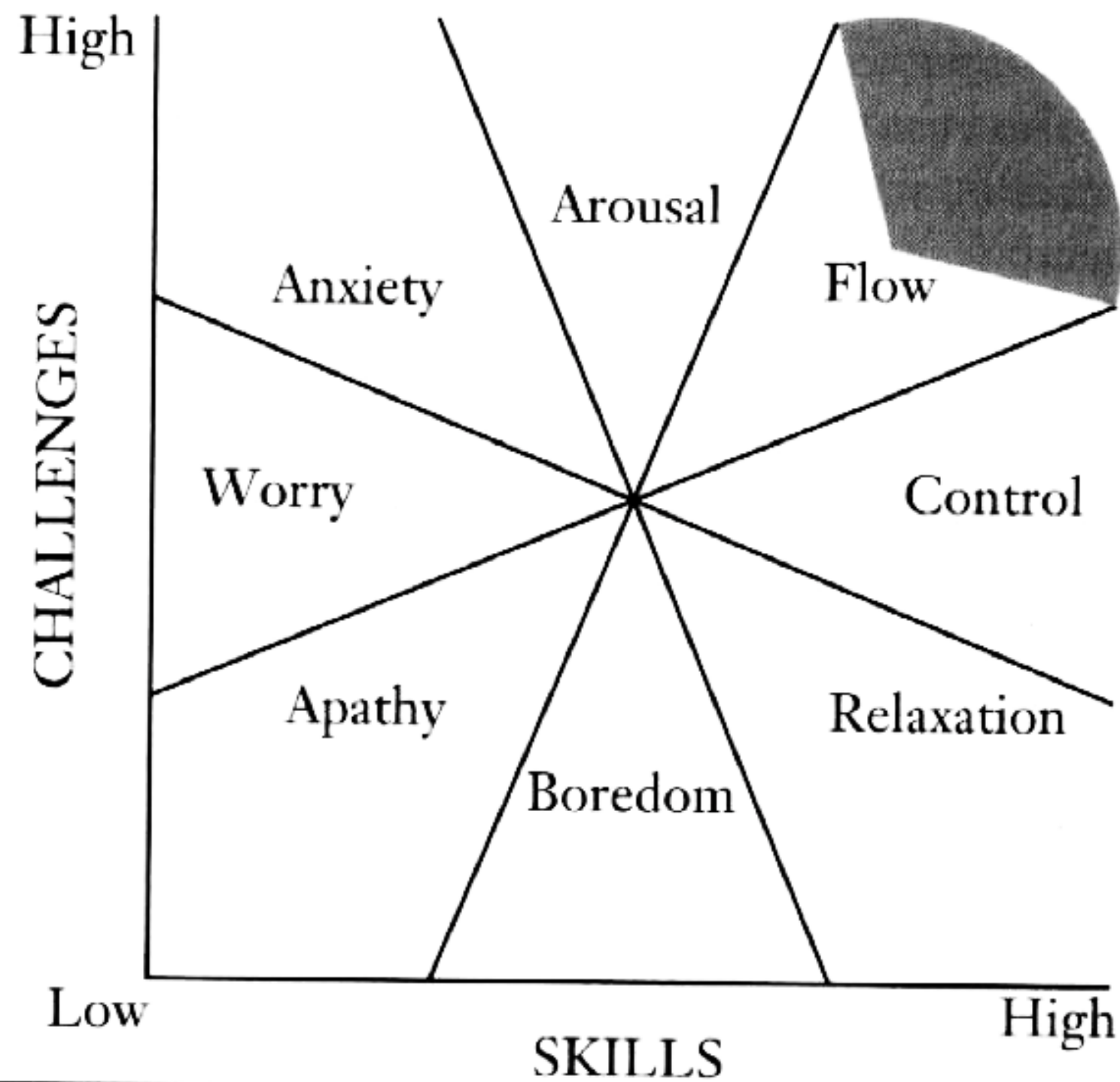


Challenge

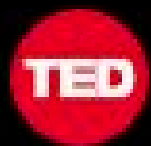
These activities should use your expertise and mental strength.

Figure 1

The quality of experience as a function of the relationship between challenges and skills. Optimal experience, or flow, occurs when both variables are high.



Sources: Adapted from Massimini & Carli 1988; Csikszentmihalyi 1990.



Mihaly Csikszentmihalyi: Flow, the secret to happiness

TED

Flow in Figure Skating. . . .

February 1999

It was just one of those programs that clicked. I mean everything went right, everything felt good... it's just such a rush, like you feel it could go on and on and on, like you don't want it to stop because it's going so well. It's almost as though you don't have to think, it's like everything goes automatically without thinking. . . it's like you're on automatic pilot, so you don't have any thoughts. You hear the music but you're not aware that you're hearing it, because it's a part of it all.



Watch on  YouTube

8:10



ELIMINATE

DISTRACTIONS

CLUTTER CONSEQUENCE



The Science

“Office clutter did predict emotional exhaustion and stress.” (Dao & Ferrari, 2020)

“The more objects in the visual field, the harder the brain has to work to filter them out, causing it to tire over time and reducing its ability to function.” (Kastner)

The Challenge

Limit desk to essentials

Clean desktop and tabs

Spend 5 minutes a day to tidy up your office





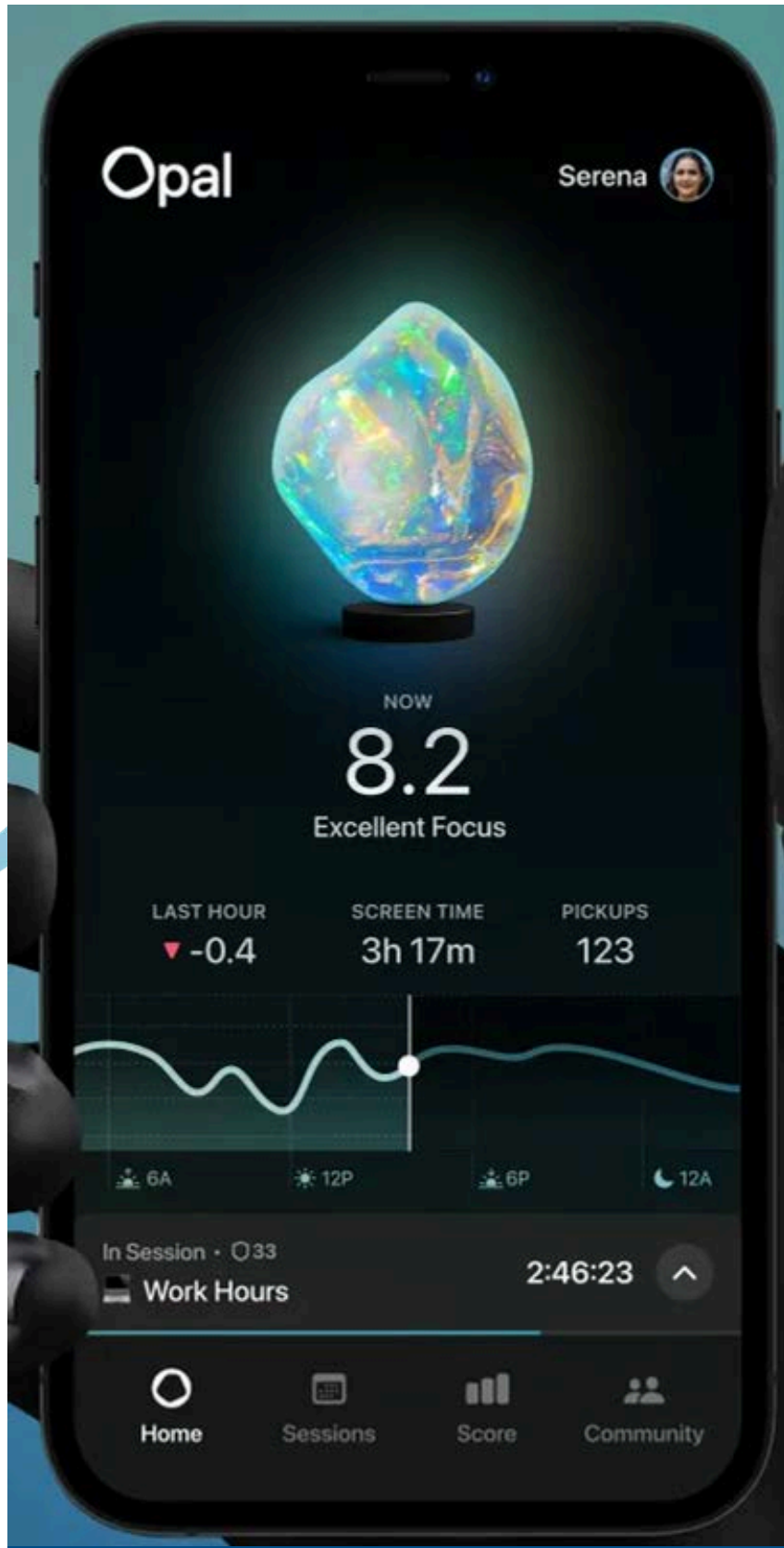
Break Free From Your Phone

Move Phone Away
Try Batching
Scroll like it's 2006
Delete slot machines
Wake up first

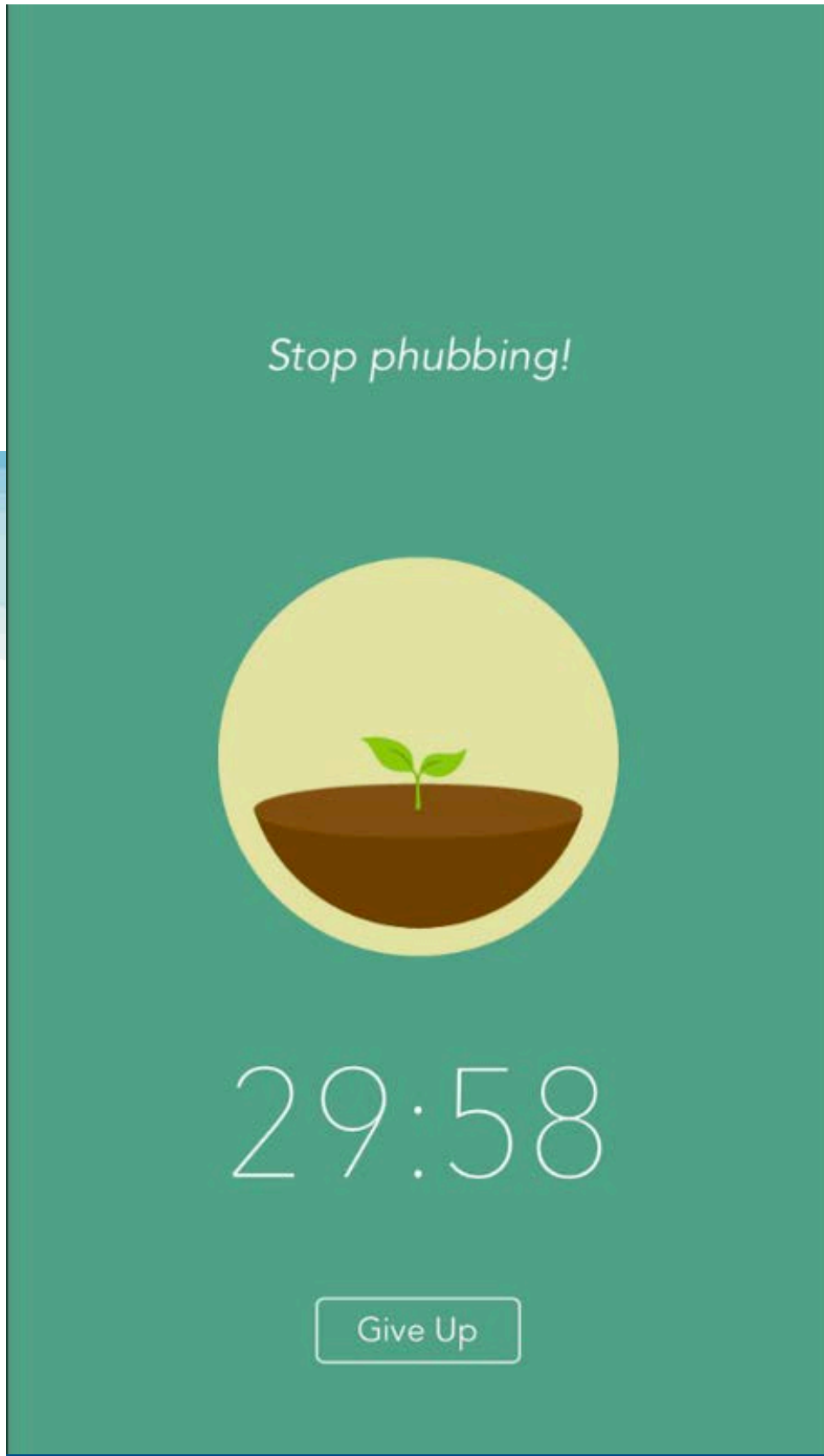
Use in-phone features
Focus Mode
Use an app like Forest,
Streaks, or Offscreen

NEW PHONE WHO DIS

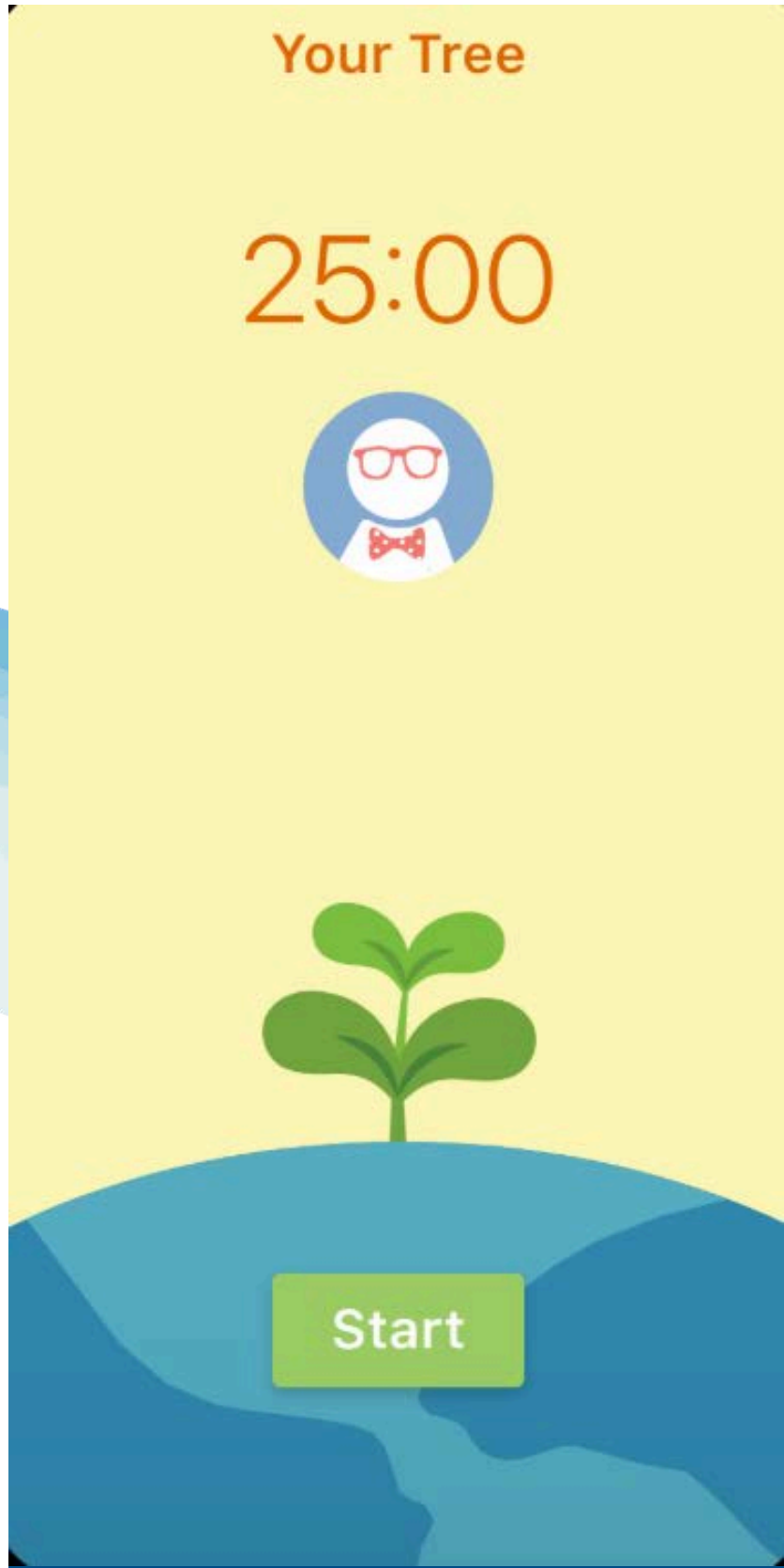




Opal



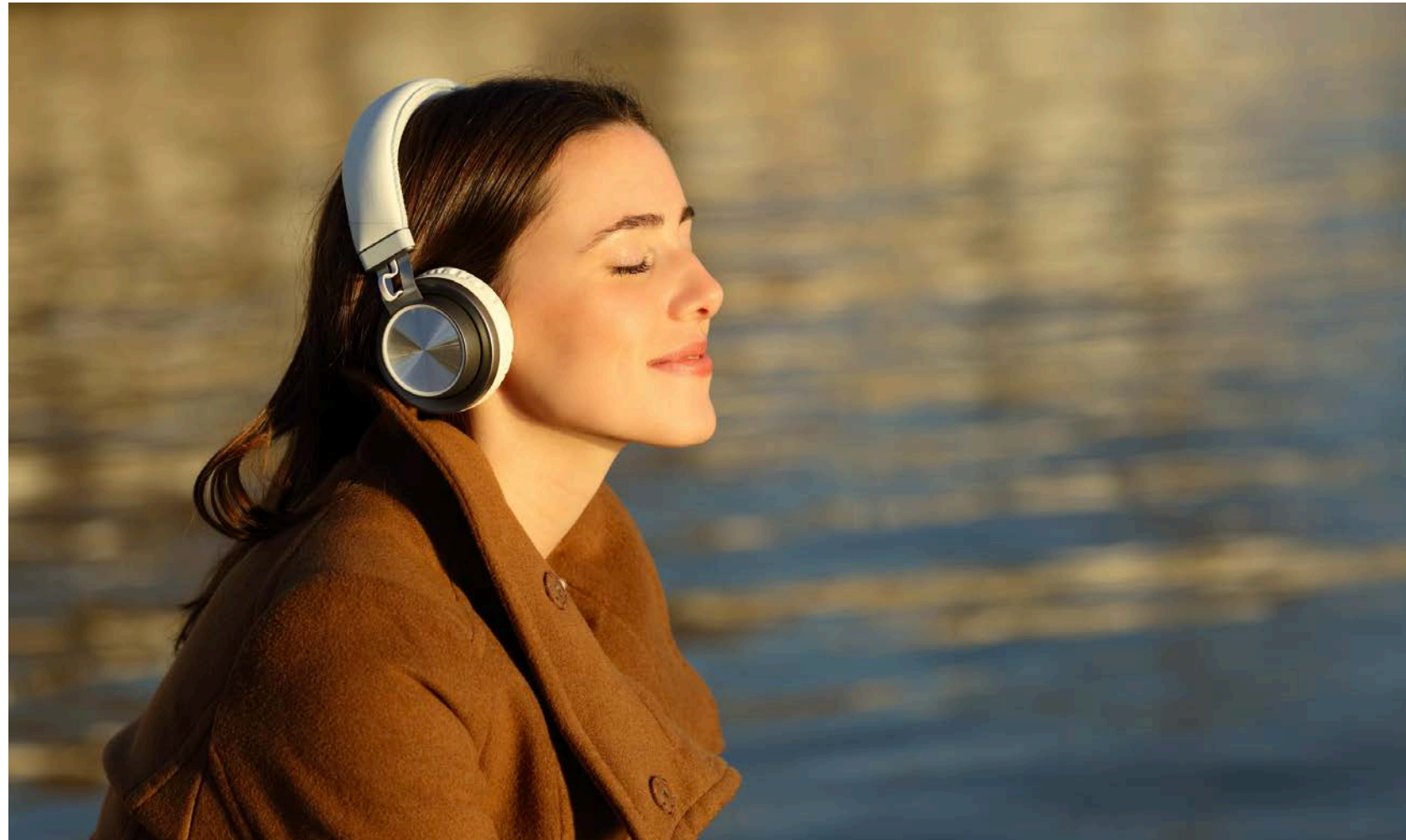
Forest



Flora



Focus Buddy



Create an audio atmosphere

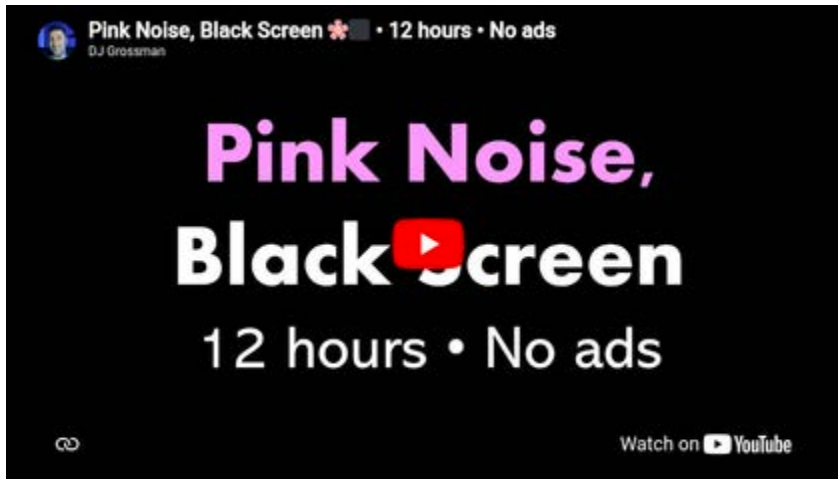
Find the type of audio that helps you focus:

- White, Pink, or Brown Noise
- Nature Sounds
- Binaural Beats
- Lo-fi or Instrumental Music
- Ambient/Generative Soundscapes

SOUND SCAPES



Stay awhile and listen...



Color of Noise
Static like sounds.



Nature Sounds
Take your brain somewhere else.



Biaural Beats
 $1 + 1 = 3$



Instrumental Music
Music without lyrics



**SOUND
EXAMPLES**

Stay with it

Seek Immediate Feedback

As you work, recognize the signs you're making progress.

Find Reward in the Moment


Celebrate small moments that light up your brain

ENGAGE



“When you are washing the dishes, washing the dishes must be the most important thing in your life. Just as when you are drinking tea, drinking tea must be the most important thing in your life. Drink your tea slowly and reverently, as if it is the axis on which the whole world revolves—slowly, evenly, without rushing toward the future. Live the actual moment. Only this actual moment is life.”

Thich Nhat Hanh

An aerial photograph of ocean waves, showing the intricate patterns of white foam and deep blue water. The waves are moving from the top left towards the bottom right of the frame.

PROCESS

BEAUTY

POMODORO METHOD



Tomato Time

Created in the 1980s

Divide Complex Tasks

Pomodoro = Tomato

Overcome anxiety



25 5 4 30



TomatoTimers.com



Just One Tool

TA-DA LIST



Forget the To-Do

To-Do List set up a challenge rather than an opportunity.

It can slow progress

Hard to estimate length

--

After finishing task celebrate your work by listing it in your Done List.

Help create detailed notes on progress

Create branch of next-steps



PRACTICE



Next Steps




Make it a Routine

Making deep focus a habit makes it easier to access.



Practice Mindfulness

Training your brain to be in the moment makes the flow a normal state of being.

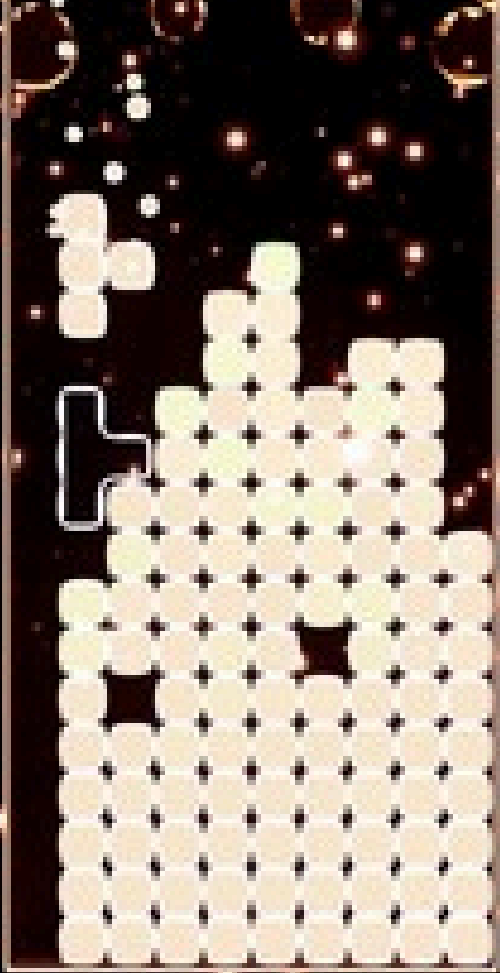
An underwater photograph showing a person swimming, with their arms and legs visible as they move through clear, blue water. Bubbles are scattered throughout the scene, and the lighting is bright, creating a serene and calm atmosphere.

LET'S

MEDITATE

SPEED LV
5
LINES
28/36

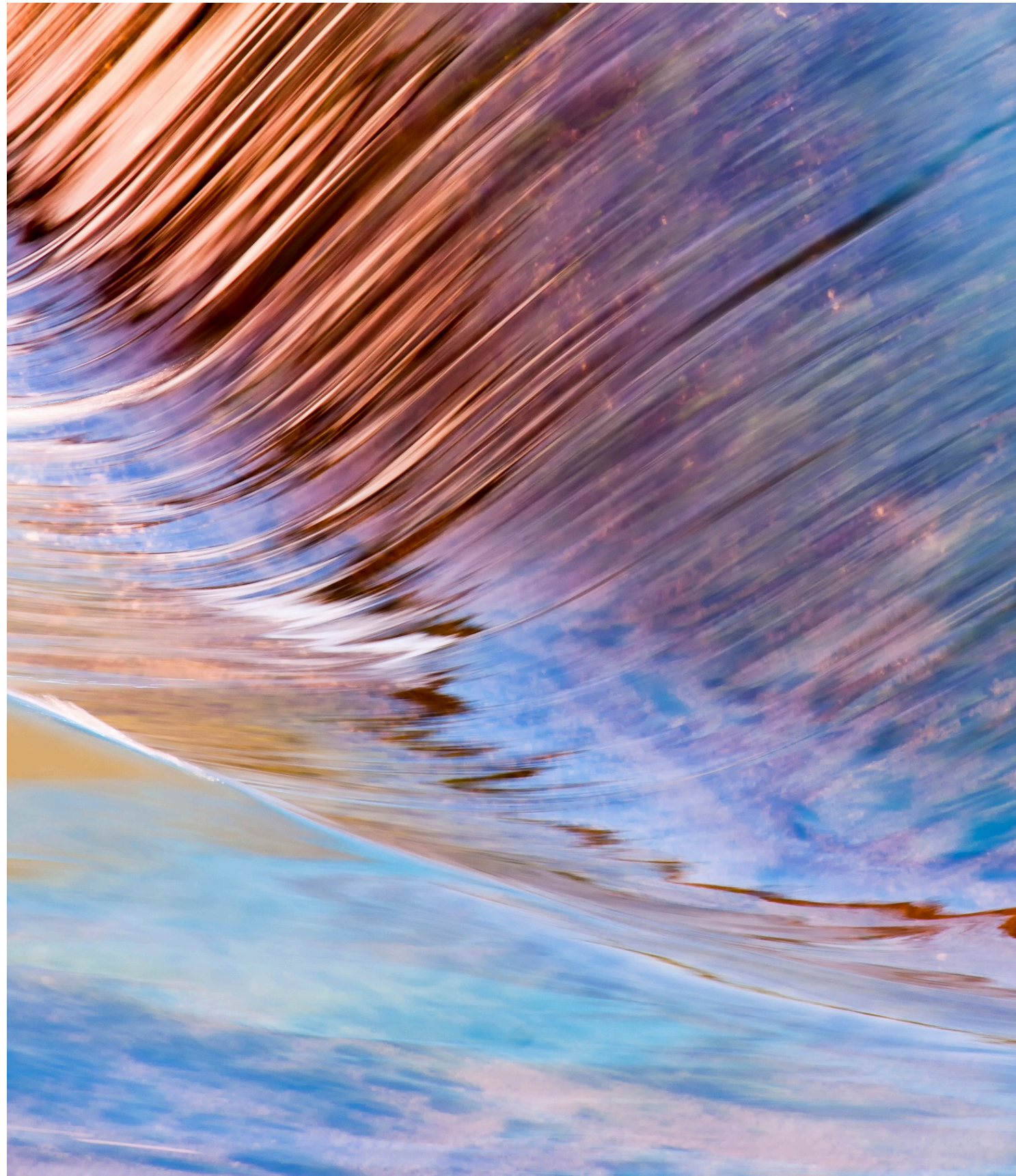
ZONE



TIME
01:43
AREA SCORE
27,495
TOTAL SCORE
27,495

QUALITATIVE ➤

QUANTITATIVE



Sources & More

TED Talk - Flow, the secret to happiness - Mihaly Csikszentmihaly
Flow: The Psychology of Happiness - Mihaly Csikszentmihaly
How to Break Free From Your Phone - Christian Caron (NYT)
Meditations for Mortals: Four Weeks to Embrace Your Limitations and Finally Make Time for What Counts - Oliver Burkeman
Why Does Experiencing Flow Feel So Good? - Richard Huskey
The Score: How to Stop Playing Someone Else's Game - C. Thi Nguyen
The Meaning of Your Life - Arthur C. Brooks
A Better Distraction: Exploring the Benefits of Flow During Uncertain Waiting Periods - Kate Sweeny et al.

FURTHER READING

THANK YOU

Get In Touch

Thank you for your time.
Find Your Flow.
Unlock your creativity.



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