

JOURNAL: FINDING YOUR RECIPE FOR FLOW

Write about three different experiences you've had of "being in the zone".

- For each, write about what the experience was like both your mind and body.
- What were the internal and external conditions that lead to flow? (Internal: focused, motivated, passionate, confident etc.) (External: risky, fun, engaging, outdoors etc.)
- Circle the themes or consistent conditions that influenced your ability to achieve the flow state.

Experience 1

Experience 2

Experience 3



Priming For Flow

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What observations did you make during this exercise? Did you feel flow?

What got in your way of flow?

How did you use mindfulness during this exercise?

What can this exercise teach you about priming for flow in your own areas of performance?



JOURNAL: PLAYFULNESS

What is the role of play at this phase of your life?

What are your preconceived notions around being playful?

If you were going to experiment with an attitude of playfulness in your area of performance, how would you do it?



TOPIC: THE SHADOW OF FLOW (CONT)

Flow can be addictive: Flow inducing activities like golf or video games can become addictive, so much so that life without them can feel static, boring and meaningless.

Flow can take priority: Flow can lead to losing a larger perspective. A workaholic manager may lose himself in flow at work until late at night, forgetting other commitments, self-care, or saying goodnight to the children.

Flow can be a “gateway drug”: Flow is exhilarating and releases many of the same chemicals as drugs and alcohol. Known as “adrenaline junkies”, athletes, actors and rock stars (and everyday folks) turn to drugs and risky behavior in attempt to recreate the same intense stimulation in their “normal lives” as they get professionally.

Addiction to flow enhancing drugs: Many coders and Silicone Valley CEO’s are known to have addiction to Ritalin, Modafinil and other “Smart Drugs” to help them get into the flow state. While they might be effective, they potentially come at a cost.

Flow hangover: Retired CEO’s, off-season athletes and military personnel who are between deployments can feel depressed when they’re unable to experience the flow they did before.

All states of mind are impermanent -moments of flow come and go. With acceptance of this truth and awareness of these risks, the mindful performer can more easily navigate the potential shadows of flow.

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Reflect on how the pursuit of flow in your life may have inadvertently decreased performance and increase suffering?



EXERCISE: MICROFLOW CALENDAR

Not all moments of flow need to be gold medal winning performances or deep immersion experiences. A micro flow moment may be and time you feel able to let go effort and trust your competence during an activity. This week, use this form to track your micro-flow moments.

	<i>Describe Your MicroFlow Experience.</i>	<i>What internal conditions contributed to finding flow?</i>	<i>What external conditions contributed to finding flow?</i>	<i>What was the impact on your performance?</i>
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				

