

# FLOW BOOK

Achieving Optimal Performance

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*Time slows down, Self vanishes,  
Actions and Awareness merge.  
Welcome to Flow!*

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*Steven Kotler*





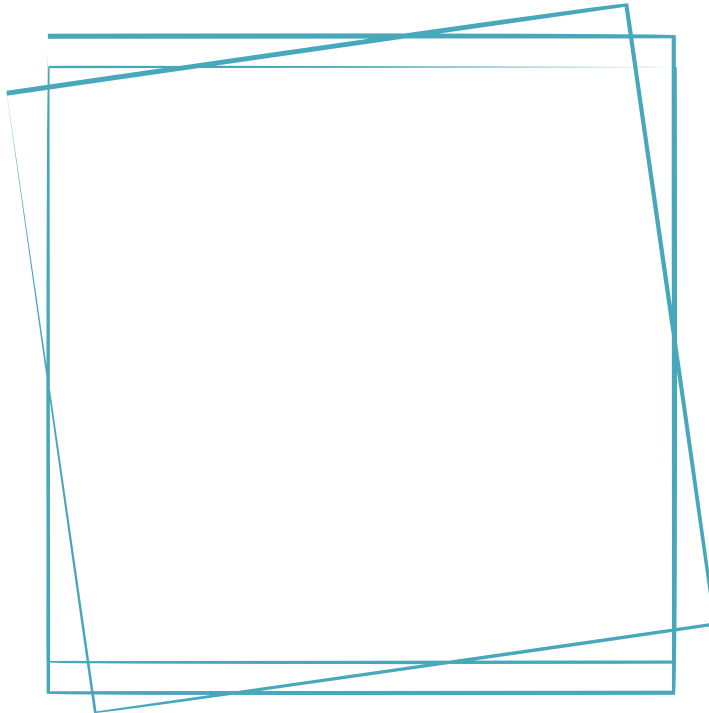
# Connecting the Dots

*...activities, awareness, & conditions*

# Flow Moments in Action

*Remember your flow moments while pursuing an activity at WORK!*

*What were you doing?*



*How was your Inner state?*

○ ————— ○

○ ————— ○

○ ————— ○

○ ————— ○

**Awareness**

*What were the external conditions?*

○ ————— ○

○ ————— ○

○ ————— ○

○ ————— ○

**Conditions**

# Flow Moments in Action

*Remember your flow moments while pursuing an activity with LOVED ONES!*

*What were you doing?*



*How was your Inner state?*

○ ————— ○

○ ————— ○

○ ————— ○

○ ————— ○

**Awareness**

*What were the external conditions?*

○ ————— ○

○ ————— ○

○ ————— ○

○ ————— ○

**Conditions**

# Flow Moments in Action

*Remember your flow moments while pursuing an activity during PLAY/ HOBBY!*

*What were you doing?*



*How was your Inner state?*

○ ————— ○

○ ————— ○

○ ————— ○

○ ————— ○

**Awareness**

*What were the external conditions?*

○ ————— ○

○ ————— ○

○ ————— ○

○ ————— ○

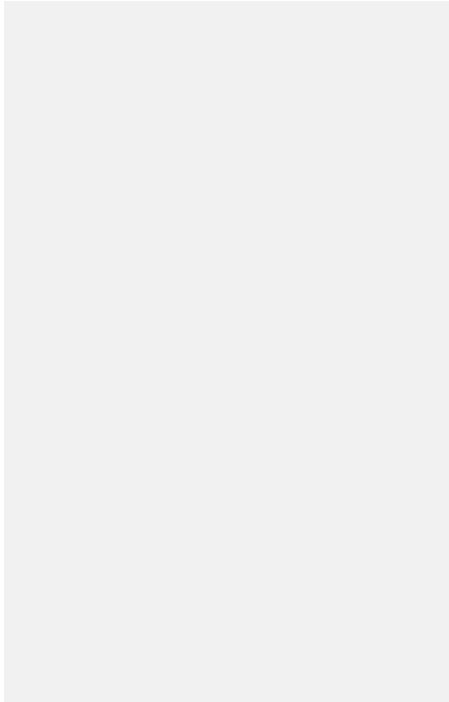
**Conditions**



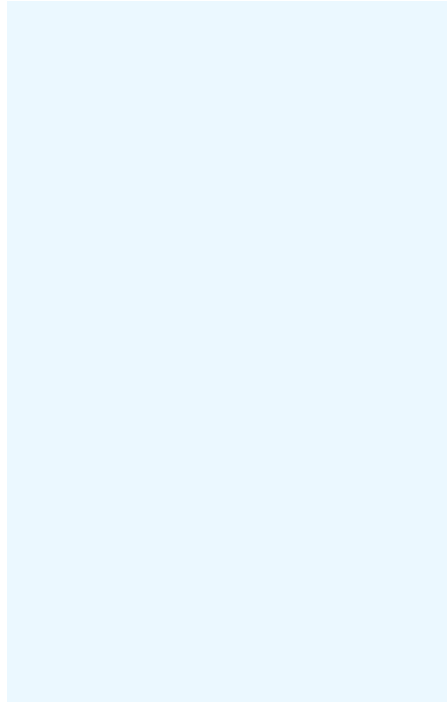
# Connect the Dots

*Connect the Activities, Awareness, & Conditions that generate flow states for you*

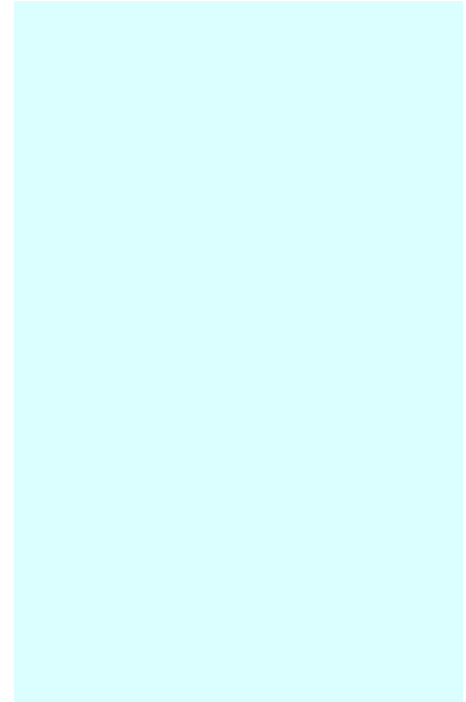
**Activities that enables flow**



**Awareness that signals Flow**



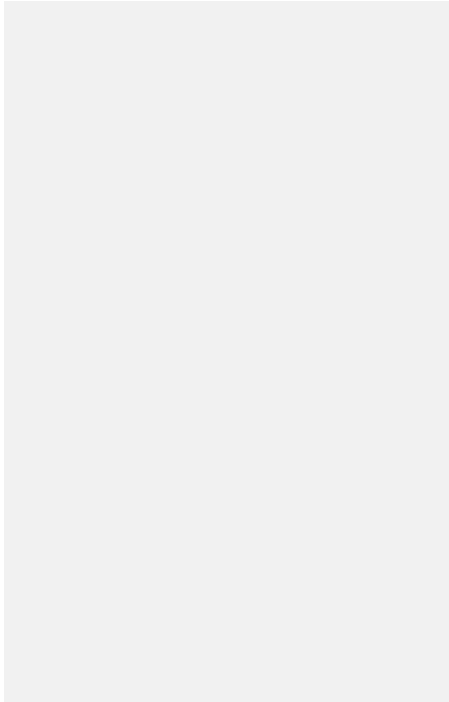
**Conditions that create flows**



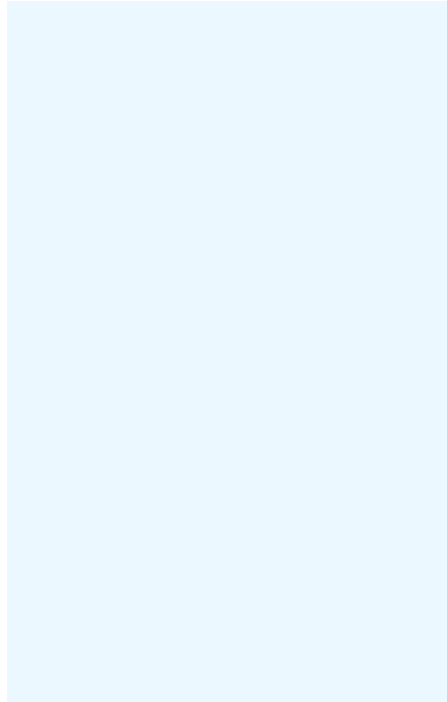
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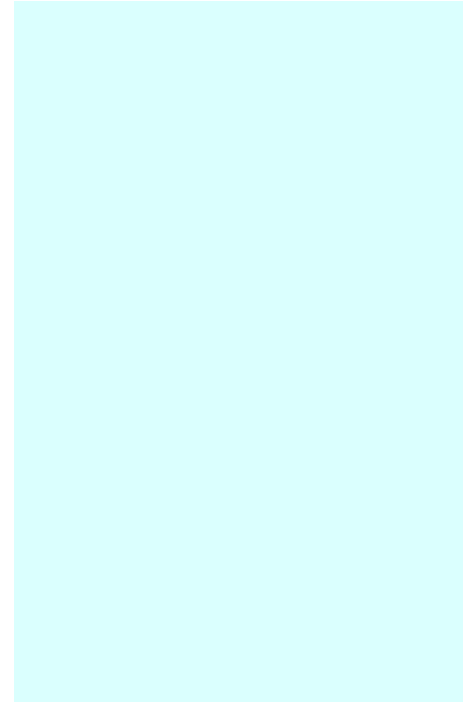
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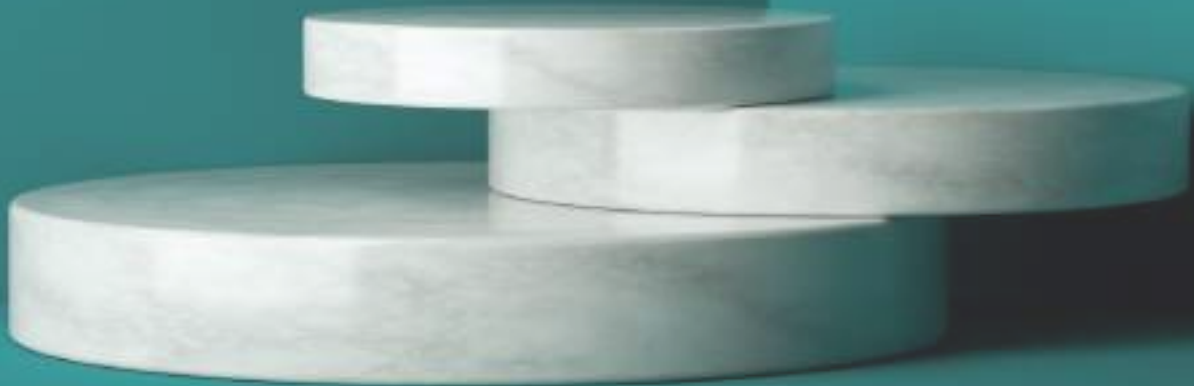


**Conditions that create flows**



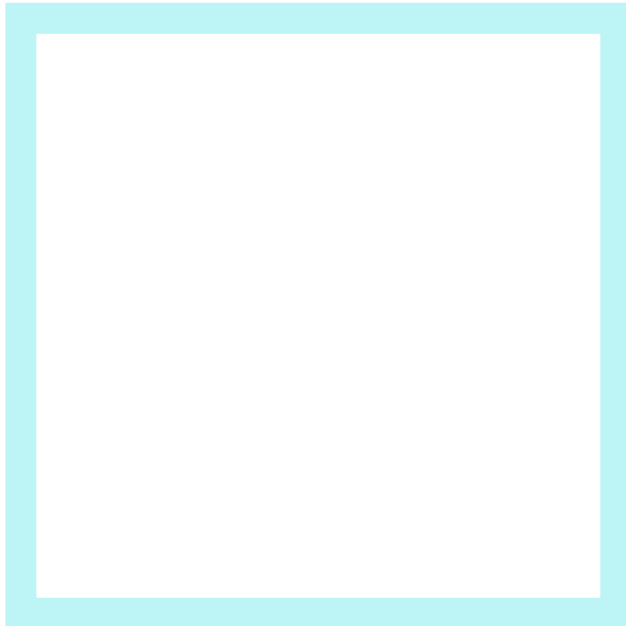
# Creating Flow States

*..for Optimal Performance*



# Creating Flow States – with Personality

*Which activities you don't like but can't change!*



*Reflect on the activities of your work life that you do not enjoy but can't change!*

*How can you create a flow experience in those activities?*

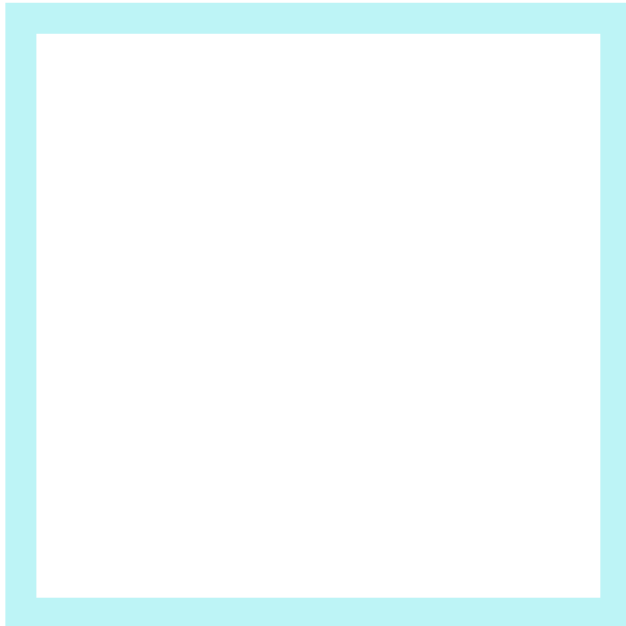
*What conditions will you create to enable a flow experience?*

**Awareness**

**Conditions**

# Creating Flow States – with Redefined Work

*Which activities in your work can you change to increase complexity or skills?*



*Reflect on the activities of your work life that you can change!*

*What would you change?*

*What conditions will you create to enable the change?*

**Action**

**Conditions**

*Connect the Activities, Awareness, & Conditions that generate flow states for you*

# Action Commitments

Commitment	Due Date	Accountability

# Going Forth

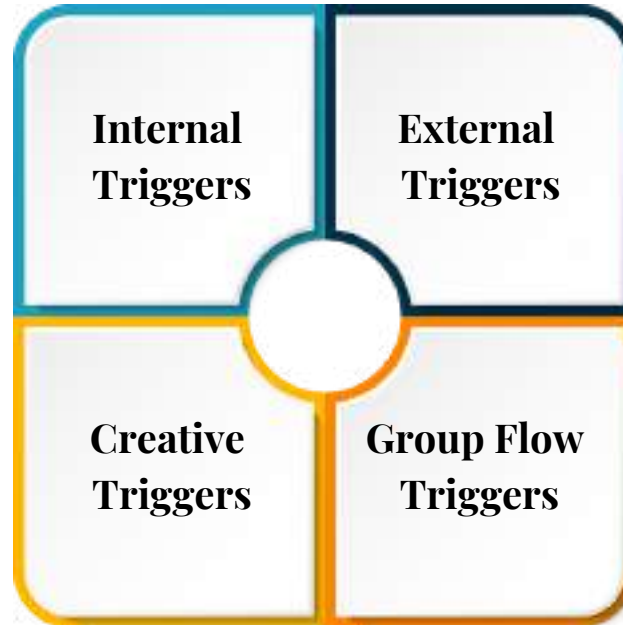
*..with practices & engagements*



# Flow Triggers

*Choose at least one Primary & one Secondary trigger to fall bak on!*

- Autonomy
  - Complete Concentration
  - Passion, Purpose, Curiosity
  - Immediate Feedback
  - Clear Goals
  - Challenge Skill ratio
- 
- Creativity
  - Pattern Recognition



- Novelty
  - Risks
  - Complexity
  - Unpredictability
  - Deep embodiment
- 
- Shared Goals
  - Close Listening
  - Yes, And
  - Sense of Control
  - Blending Egos
  - Equal Participation
  - Familiarity
  - Constant Communication
  - Shared Risks



# Practices & Engagements

*Which practices and engagements would you say yes to? To which you would say no?*

	Practices	Engagements (People/ Networks)	
YES!			YES!
NO!			NO!

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*Involve in an activity for its own sake,  
not for the rewards it brings!*



*Mihaly Csikszentmihaly*



LEARNING

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