

FLOW BOOK

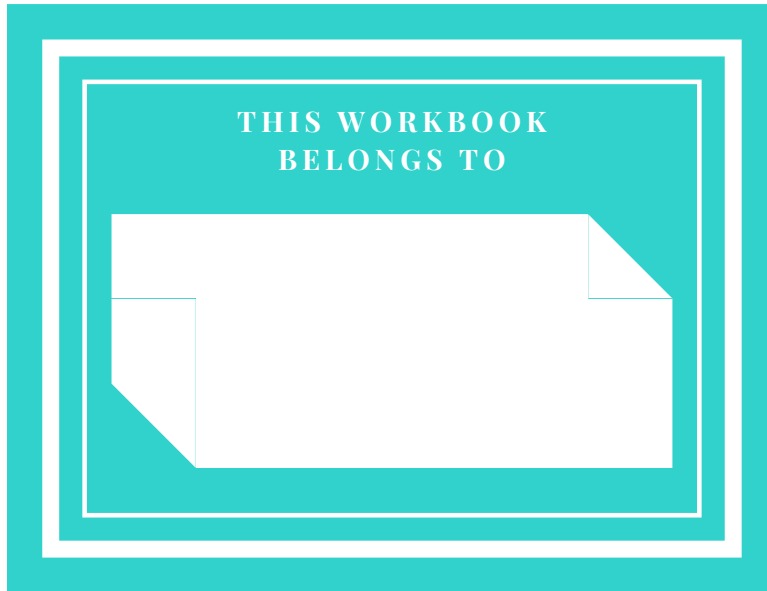
Achieving Optimal Performance

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

Steven Kotler





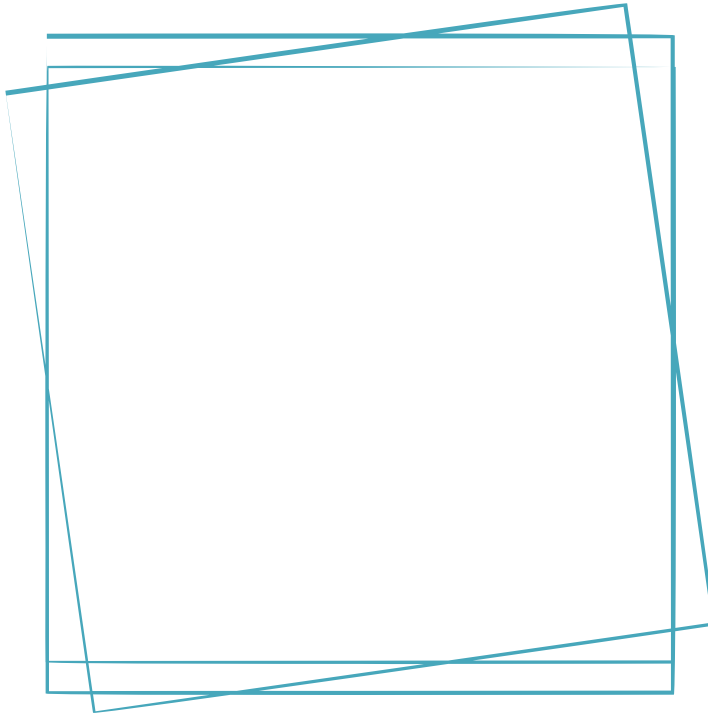
Connecting the Dots

...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?

○ ————— ○

○ ————— ○

○ ————— ○

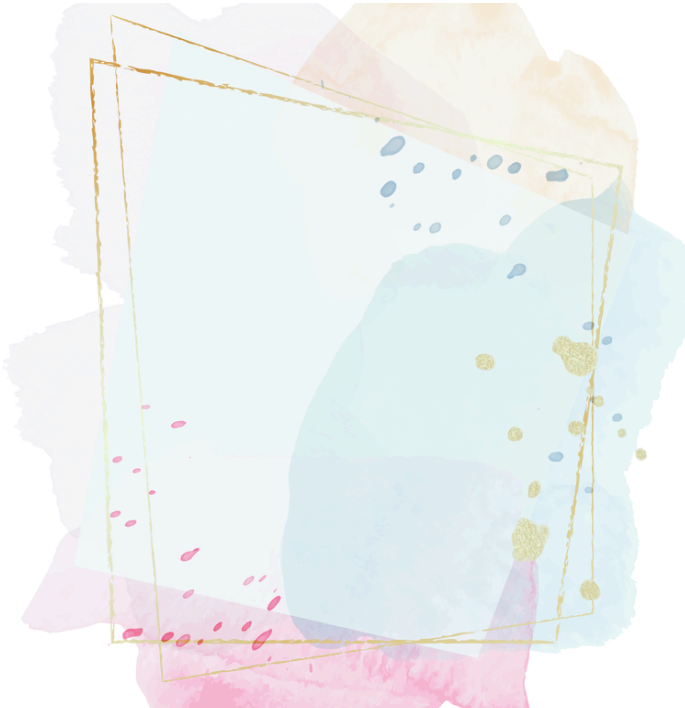
○ ————— ○

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?

○ ————— ○

○ ————— ○

○ ————— ○

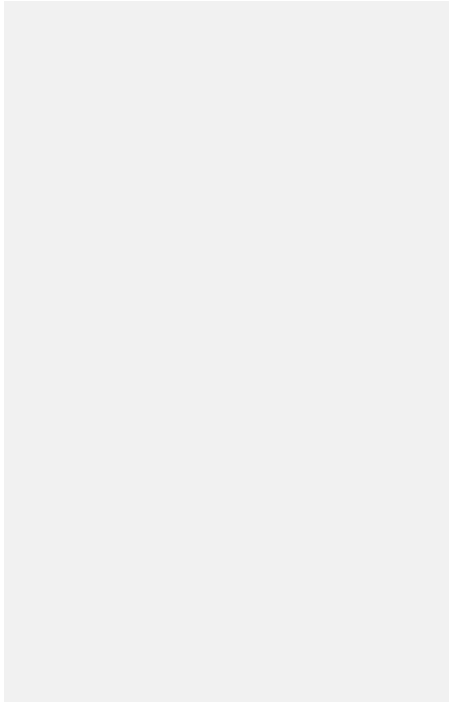
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Conditions

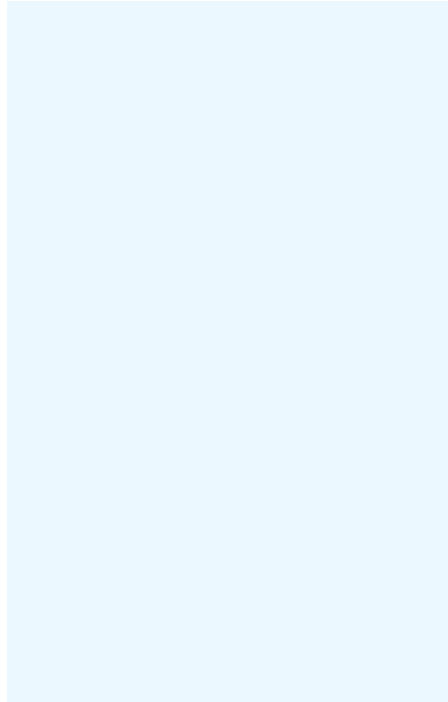
Connect the Dots

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

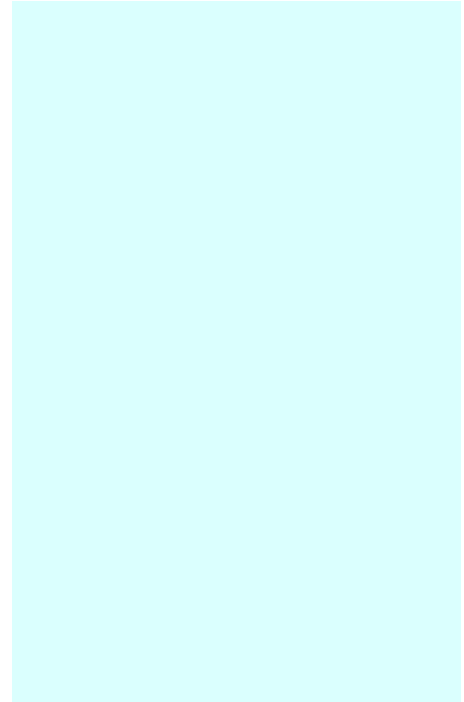
Activities that enables flow



Awareness that signals Flow



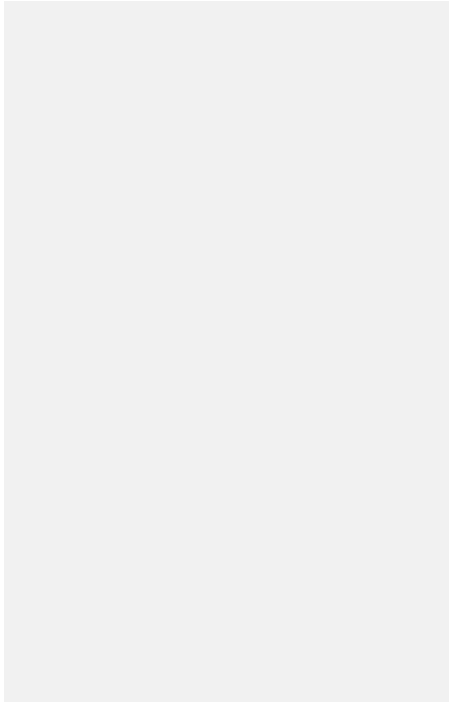
Conditions that create flows



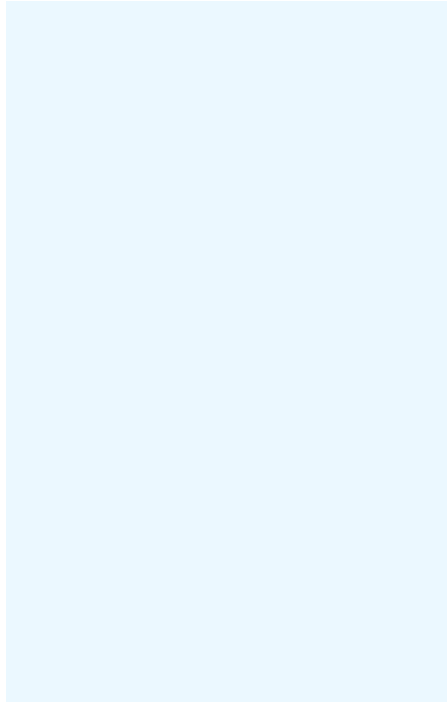
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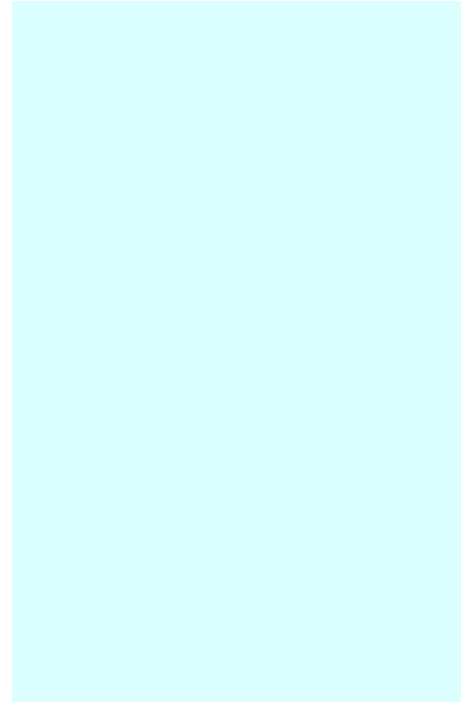
Activities that enables flow



Awareness that signals Flow



Conditions that create flows



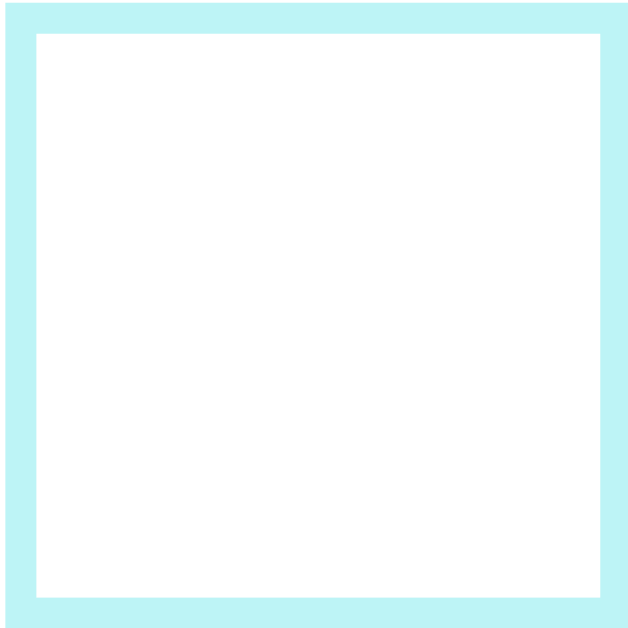
Creating Flow States

..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?

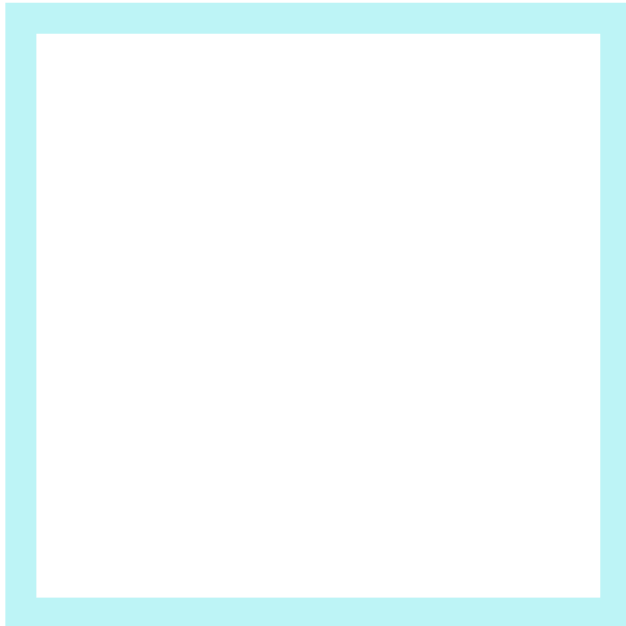
What conditions will you create to enable a flow experience?

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

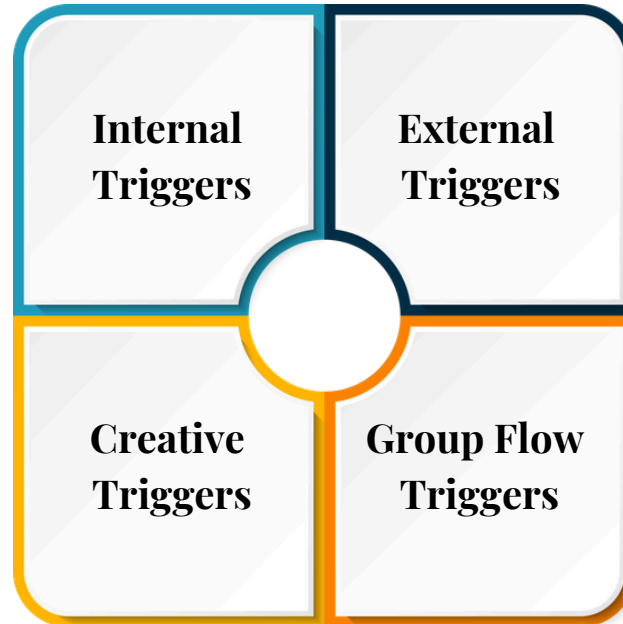
..with practices & engagements



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

Mihaly Csikszentmihalyi

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