

# A Primer on Flow


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**Your performance is  
strongly correlated to  
the 'state' you're in**

















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# THE RISE OF SUPERMAN

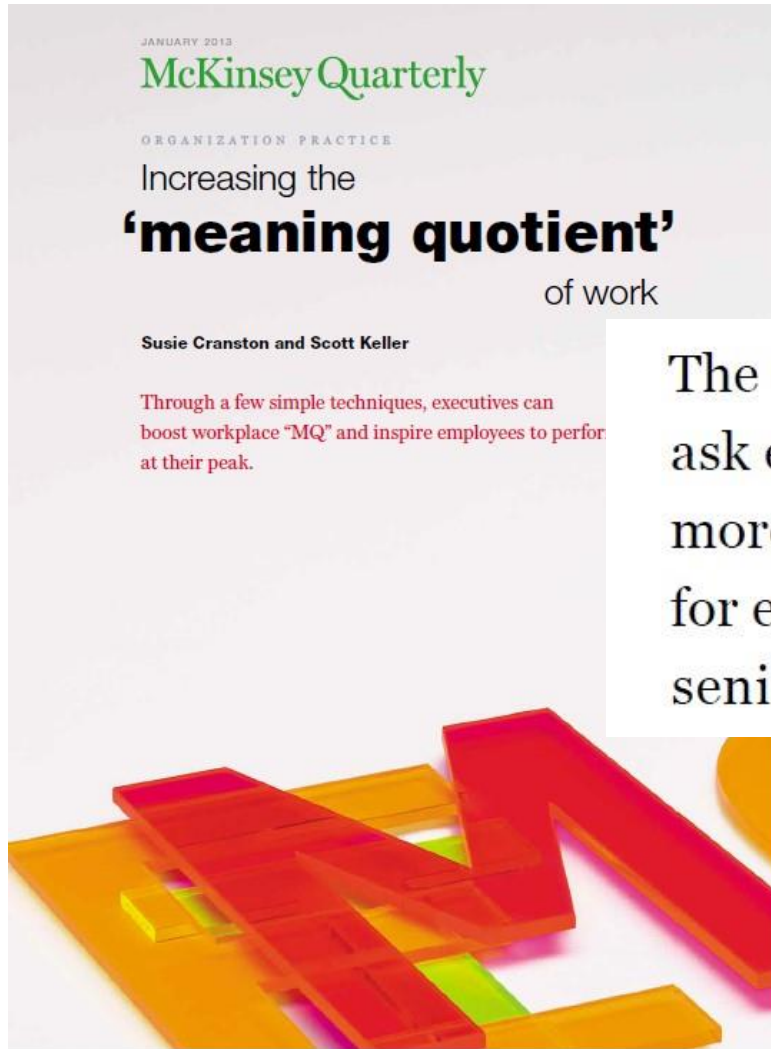
DECODING THE SCIENCE OF  
ULTIMATE HUMAN PERFORMANCE

Steven Kotler

NEW YORK TIMES BEST-SELLING  
AUTHOR OF ABUNDANCE

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# The Link between Flow and Productivity



The opportunity cost of the missing meaning is enormous. When we ask executives during the peak-performance exercise how much more productive they were at their peak than they were on average, for example, we get a range of answers, but the most common at senior levels is an increase of five times. Most report that they and



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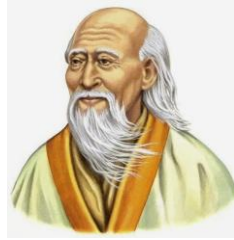
# flow

mihaly  
csikszentmihalyi

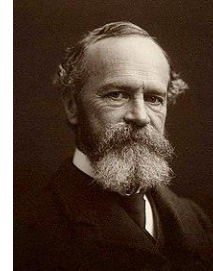
“ *My team has won, because of this book.  
We did, what is written in this book.  
Read this book!  
Flow!*



Knowing others is intelligence,  
knowing yourself is true wisdom  
Mastering others is strength,  
Mastering yourself is true power  
- Lao Tzu, 601 BC



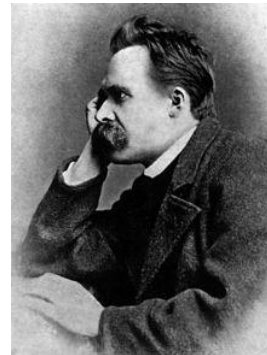
Radical shifts in consciousness  
amplify mental and physical skills  
- William James, 1901



Flow is universal  
- Mihaly Csikszentmihalyi, 1975



Do not dwell in the past, do  
not dream of the future,  
concentrate the mind on the  
present moment  
- Buddha, between 400 and  
600 BC



Man is a rope stretched between the  
animal and the Superman – a rope  
over an abyss  
- Friedrich Nietzsche (1844-1900)



All successful people  
depend on peak experiences  
- Abraham Maslow, 1964



# Four Characteristics of Flow

1. You are absorbed and engaged in the use of your talents
2. Your inner critic, worry and sense of self fades
3. Time has no meaning
4. You love doing it just for the sake of doing it

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flow



PROGRESS  
PRINCIPLE

USING SMALL WINS TO  
IGNITE JOY, ENGAGEMENT, AND  
CREATIVITY AT WORK



PIRESA AMABILI

THE RISE  
OF  
SUPERMAN

## Three Pre-conditions for Flow

1. Clear Goal
2. Challenge is slightly 'stretch'
3. Feedback is inherent in the task





# Five Flow Blockers

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1. Interruptions or distractions
2. Negative thinking
3. Challenge is over or underwhelming
4. Lack of physical or mental preparation
5. Burn-out, exhaustion or lack of sleep

## Designing Peak Performance - Omer Aziz

Strengthen your talents while in a state of flow

Flow is the state you are in when you feel your best and you perform your best

### The Three Preconditions for Flow

1. Clear Goal
2. Challenge is slightly stretch
3. Feedback is inherent in the task

### The Four Universal Characteristics of Flow

1. You are absorbed
2. Worry and sense of self dissipates
3. Time has no meaning
4. You love doing it just for the sake of it

### Five Flow Blockers

1. Interruptions/Distractions
2. Negative thinking or the 'chatter' of your inner critic
3. Challenges is either overwhelming (causing anxiety) or underwhelming (causing boredom)
4. Lack of physical or mental preparation
5. Over-training, burnout, exhaustion or lack of sleep

### Strategies to Mitigate Flow Blockers

1. Sleep deeply, move often, get outside and eat real food
2. Block or space your media input
3. Practice 5 – 10 minutes of gratitude writing per day

### Strategies to Activate Flow

1. Reflect on past activities
2. Map your peak performance and surface the underlying patterns
3. Structure your environment to make it more conducive to flow
4. Employe your talents on a daily basis

### Omer Aziz

Talent	Proposed Talent Activators
Intellection	Think deep and think often - Spend a few minutes to creative writing. Your thinking will be sharper and more
Learner	Continue to grow through learning - Spend 15 minutes through reflection, listen to a podcast
Input	Always explore, always be curious - Read
Maximizer	Push for excellence in all you do. Set
Futuristic	Envision the future. Anticipate

# Flow 101



# Flow 101 - Action Plan

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