

FUNSHEET



LET IT
“FLOW”

ABSOLUTELY
 WRITE
WITH ADITI SURANA


IVM PODCASTS

LET IT FLOW

Let's take a moment to recall your state of flow when you got lost in an activity.

1. Flow is - being in a _____.

2. Pronounce the name 'Mihaly Csikszentmihaly' for fun.

(If you're not sure how to pronounce his name, here's a phonetic guide: "Me high? Cheeks send me high!")

3. Mihaly named the concept flow because

4. What are the three benefits of being in a state of flow?

a. Feel more positive _____.

b. A great _____ mechanism.

c. Artists, executives & athletes reported that they are _____ times more productive in flow.

5. Being out of control with _____.

How to create a state of flow?

A. You have to identify when & where you are in flow.

1. **You lose awareness of time.** When you enter into a state of flow, you will find that you lose your normal awareness of time. You are no longer watching the clock or noticing time passing. Instead, hours may feel like minutes as you find yourself completely in contact with the present moment.

2. You aren't thinking about yourself. When in a state of flow, your attention moves away from the ongoing self-focused drama of "me" and turns toward being fully present and immersed in the task at hand.

3. You are active. There is nothing "passive" about being in a state of flow. Your mental and emotional resources are being completely devoted to the task in which you are engaging. You will find that your behaviors are focused, deliberate, and intentional in nature.

List 5 instances when you felt you were in a state of flow.

1. _____
2. _____
3. _____
4. _____
5. _____

b. Experiment & Challenge yourself a bit more in those areas. So when you start a new project, consider your team and ask yourself:

1. How can I make the task at hand challenging? Are we pushing ourselves enough? Are we adding the most value for our client? What is each team member's challenge and does it fit him or her?

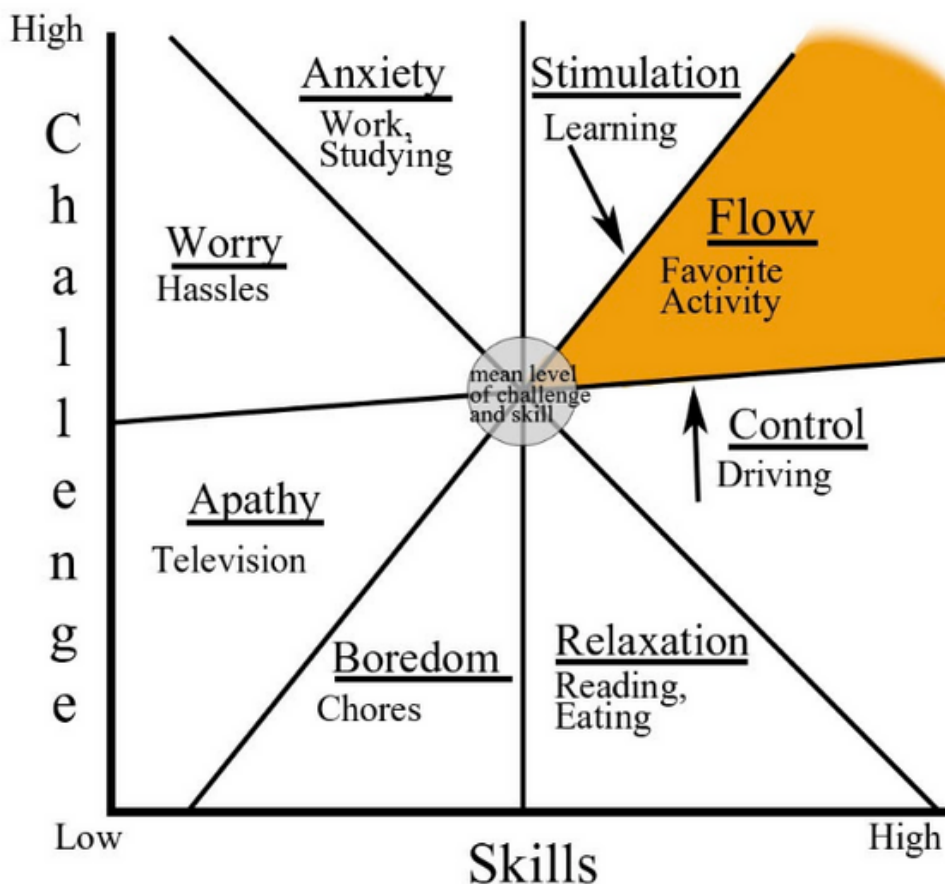
2. Which skill sets are required for the task at hand? Who is doing what? Will they need to learn and expand their skills in order to tackle the challenge at hand?

Connect To a Clear goal/ purpose:

"If a subject excites us, if it stirs our deepest curiosity, or if we have to learn because the stakes are high, we pay much more attention."

- Robert Greene

c. Clarity of goals and reward in mind and immediate feedback.



Additional resources:

Ted talk, Flow the secret of happiness:

https://www.ted.com/talks/mihaly_csikszentmihalyi_flow_the_secret_to_happiness?language=af#t-35394

YouTube video - How To Get Into The Flow State by Steven Kotler

https://www.youtube.com/watch?v=XG_hNZ5T4nY

<https://www.mindfulnessmuse.com/positive-psychology/5-signs-you-are-in-a-state-of-flow>