



**The Flow Centre™**



# The Pathway to Flow

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## 1 **Flow Mindset** Re-wire the brain

- Flow Seeker
- Finding the Flame
- Learn, Grow, Flow

## 2 **Manage the Experience** Prepare mind and body

- Create a Sufficient Challenge
- Build the Blueprint
- Awaken Mind & Body
- Optimise Emotional States
- Manage Attention

## 3 **Total Immersion** Drop into flow

- Risk and Creativity
- Entrust Mind & Body
- Surrender to the moment
- Free Flowing Energy

# Step 1

## Flow Mindset

Re-wire the brain

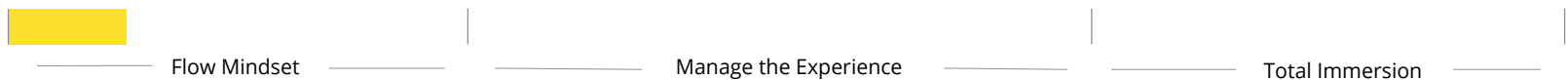
In order to find flow frequently, we must first fundamentally change the way in which we think to be aligned with an autotelic personality. By understanding the nuances of flow, we empower our mind and body to find flow in new experiences.

## Step 1 - Flow Mindset...(cont)

# Flow Seeker

Flow is a unique state that we can learn to embody, sustain, and recreate. When we prioritise flow, we create a powerful intention that we can realise.

What place does flow have in your priorities?

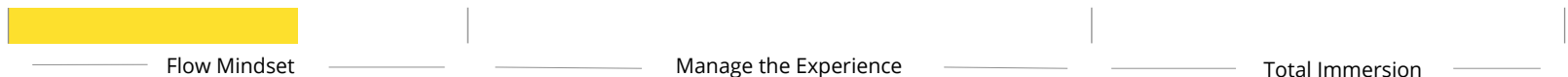


Step 1 - Flow Mindset...(cont)

# Finding the Flame

No rewards, no hidden agendas, nothing but intrinsic motivation for the task at hand. Flow demands that we come alive, and find a level of internal congruency that allows mind and body work as one.

Are you intrinsically motivated?



## Step 1 - Flow Mindset...(cont)

# Learn, Grow, Flow

Adopting a mastery approach enables us to learn, grow, and excel. When learning becomes our focus, we go beyond winning and have an unlimited canvas to grow. Our biggest challenges become our greatest opportunities.

Are you approaching the event with a curious mind?



Flow Mindset

Manage the Experience

Total Immersion

## Step 2

# Manage the Experience

Prepare mind and body

In preparation for a specific event, the management of mind and body is key to finding flow. Our perspective, emotions and thoughts all play a determining role in our ability to thrive in the moment.

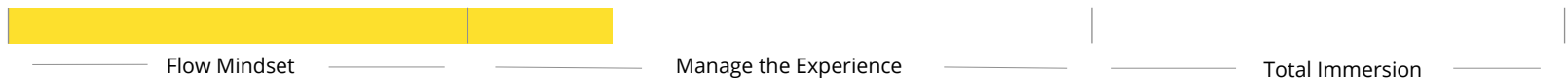


## Step 2 – Manage the Experience...(cont)

# Create a Sufficient Challenge

For flow to arise, the challenge needs to be equal to, or slightly above, our level of skill. By changing our perspective and managing our levels of arousal, we can find this optimal space.

Are you creating, or allowing for, sufficient challenge in your activities?

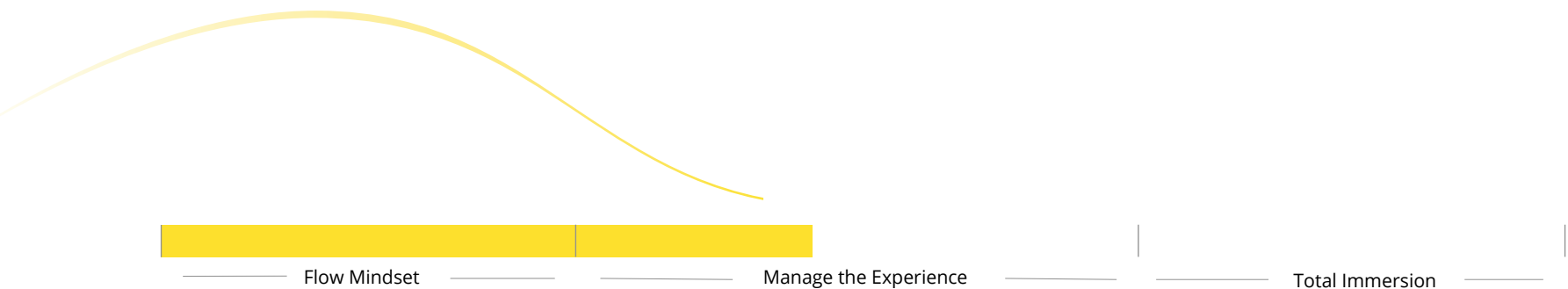


Step 2 – Manage the Experience...(cont)

# Build the Blueprint

Flow appears when we have crystal clear visions that act as blueprints for our performances.

Do you have a clear vision?

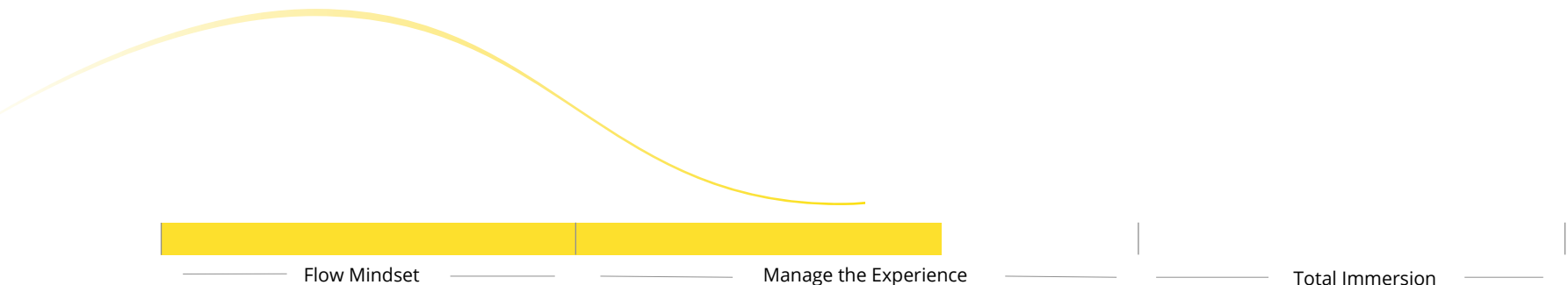


Step 2 – Manage the Experience...(cont)

# Awaken Mind and Body

When we realise that we are not our thoughts, we find space behind the internal chatter and inner critic. We are able to rise above the mind games that limit our potential and focus on activating the body.

Are you able to detach from your thoughts?

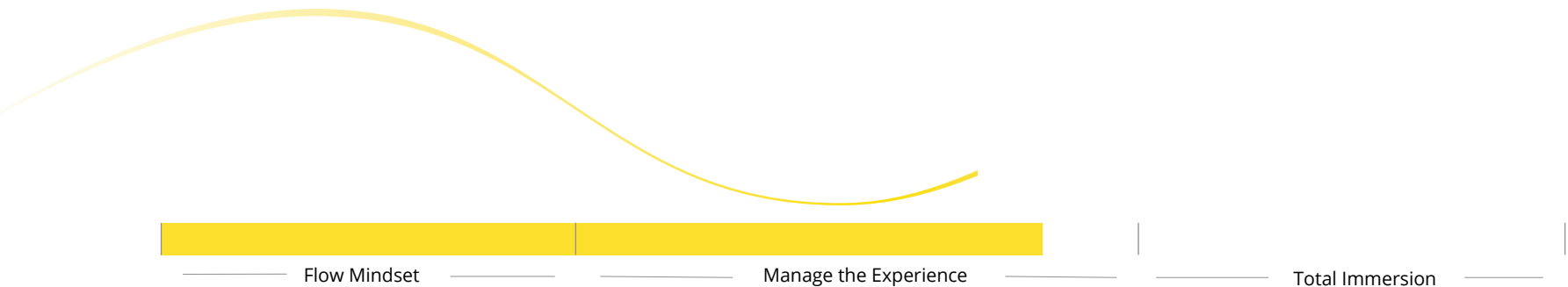


Step 2 – Manage the Experience...(cont)

# Optimise Emotional States

Understanding our emotional landscape helps us to find our unique rhythm and required states to find flow.

What feelings lead you towards flow?

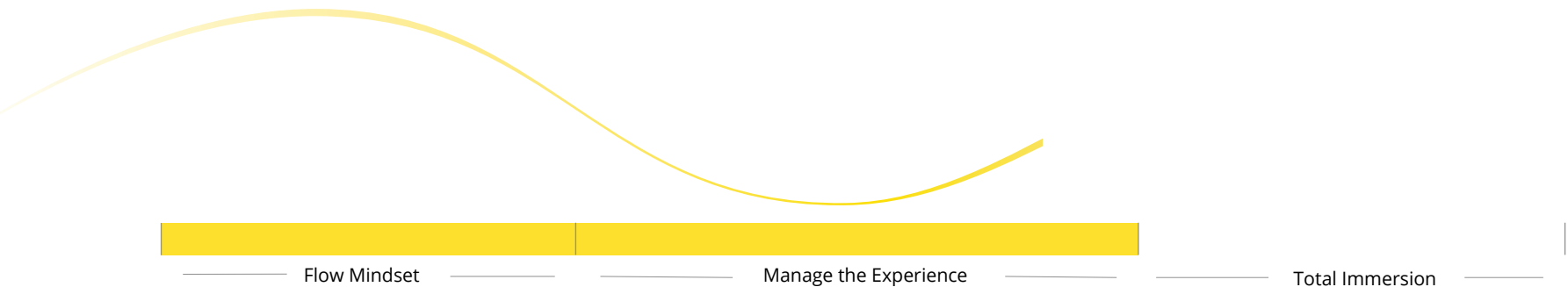


Step 2 – Manage the Experience...(cont)

# Manage Attention

By concentrating on the task at hand, we focus 100% of our available bandwidth in to the act. Control the controllables.

Where do you place your attention?



## Step 3

# Total Immersion

Dropping into flow

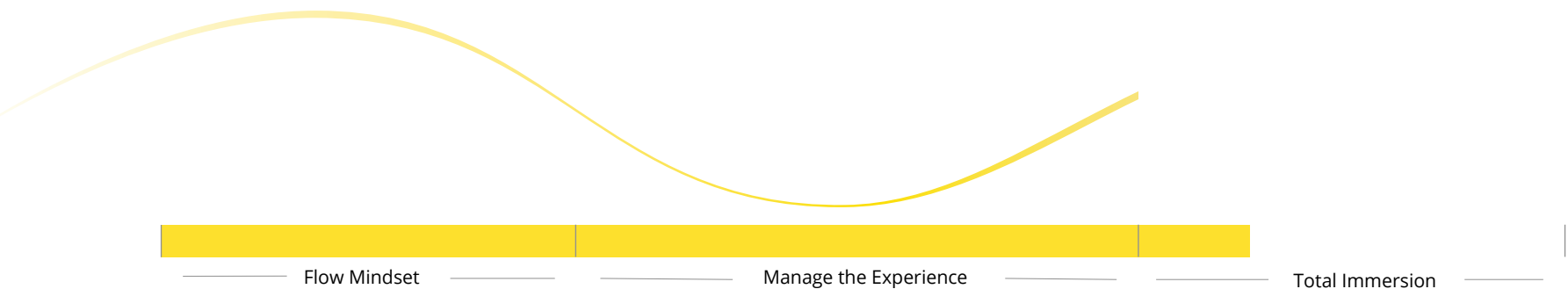
In the moment, we have the power to either *limit* our ability, through endeavouring to consciously control the experience, or to *maximise* our ability, by trusting our innate capabilities.

## Step 2 – Manage the Experience...(cont)

# Risk and Creativity

Taking positive risks forces us out of our comfort zone and into the zone of using extraordinary pattern recognition to process novel experiences, link new ideas, and become incredibly creative. There is no failure, only feedback.

Are you taking risks and being creative?

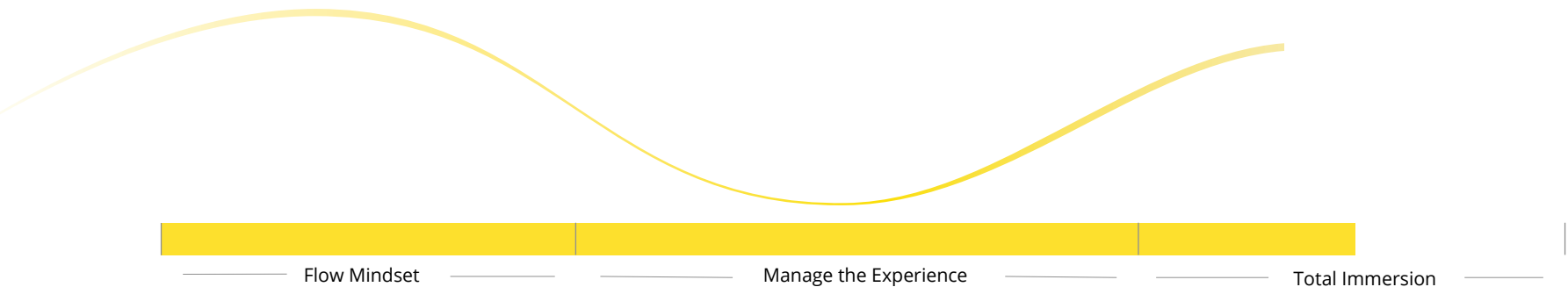


Step 3 – Total Immersion...(cont)

# Entrust Mind and Body

During flow, we display an absolute trust between mind and body. We connect to our innate wisdom and fire on all cylinders.

Are you able to totally trust yourself while performing?



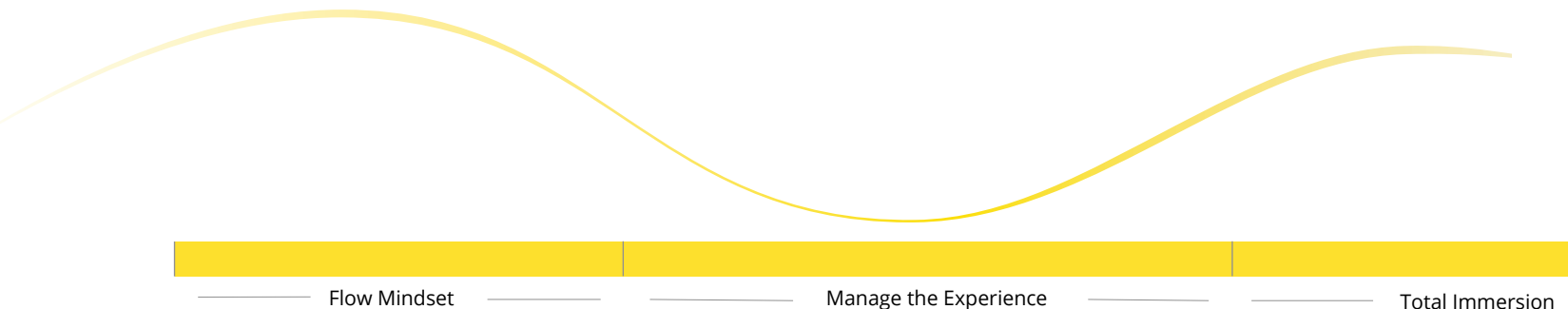


## Step 3 – Total Immersion...(cont)

# Surrender to the Moment

Letting go of our conscious control of the experience enables a total absorption in to the present moment. Action and awareness merge; sense of time alters.

Are you 100% immersed in the present?

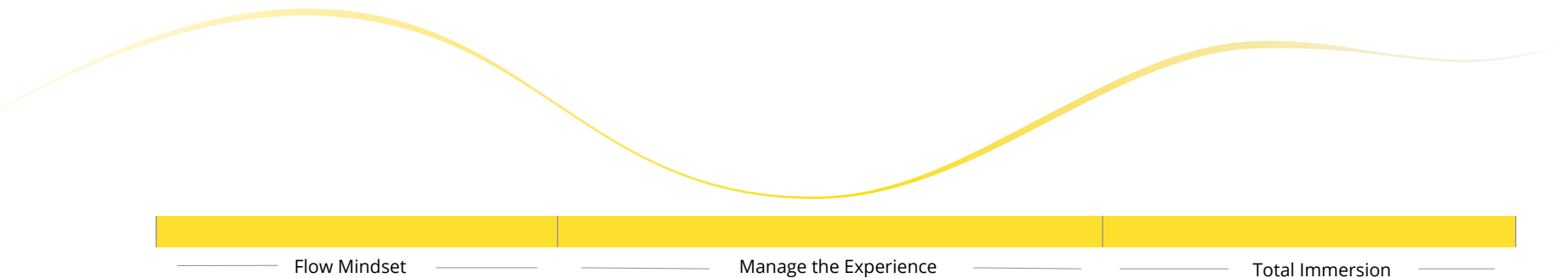


## Step 3 – Total Immersion...(cont)

# Free Flowing Energy

When our energy is flowing freely, we rise above our physical and mental preconceived limitations and experience a higher level of consciousness. We tap into our greatest power.

How can you connect energetically?





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