



The Flow Centre™

The image features a decorative graphic consisting of several wavy, horizontal lines. One line is a vibrant yellow, while the others are a light grey. These lines flow across the middle of the page, creating a sense of movement and rhythm. The title 'The Pathway to Flow' is centered over these lines.

The Pathway to Flow

1 Mindset
How to re-wire the brain for Flow

2 Preparation
How to prepare before the event

3 Immersion
How to drop into Flow during the event

1 Mindset

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

2 Preparation

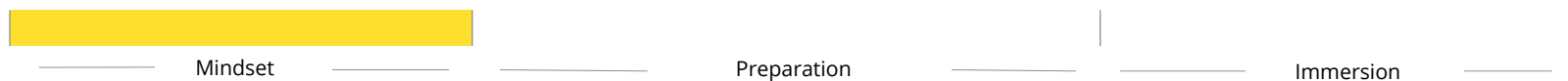
- Create a Sufficient Challenge
- Build the Blueprint
- Awaken Mind & Body
- Optimise Emotional States
- Manage Attention

3 Immersion

- Play with Risk
- Synchronise Mind & Body
- Surrender to the moment
- Free Flowing Energy

Step 1 - Mindset

In order to find Flow frequently, we must first fundamentally change the way in which we think to be aligned with an autotelic personality.



Step 1 - Mindset...(cont)

Flow Seeker

Flow is a unique state that we can learn to embody, sustain, and recreate. When we manage our purpose and prioritise Flow, we create a powerful intention towards Flow.

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 to work as one.

Are you intrinsically motivated?



Step 1 - Flow Mindset...(cont)

Learn, Grow, Flow

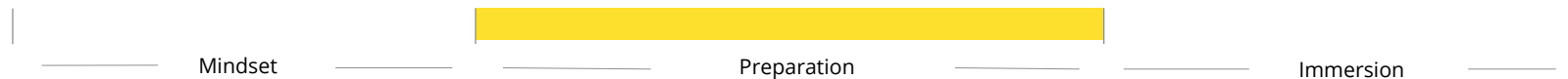
Adopting a mastery approach enables us to learn, grow, and excel. When learning becomes our focus, we go beyond the predefined fixed outcomes and have an unlimited canvas to grow.

Are you approaching the event with a curious mind?



Step 2 - Preparation

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.

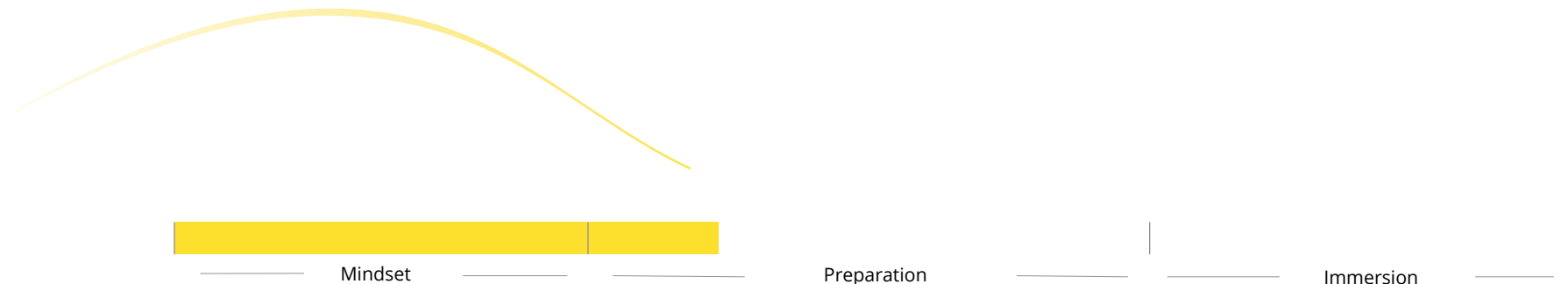


Step 2 – Preparation...(cont)

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 sufficient challenges?

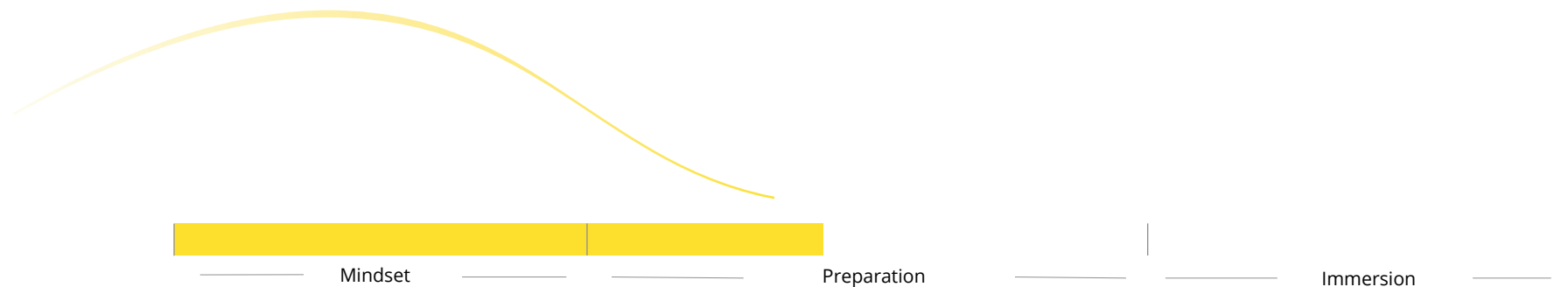


Step 2 – Preparation...(cont)

Build the Blueprint

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

Do you have a clear vision?

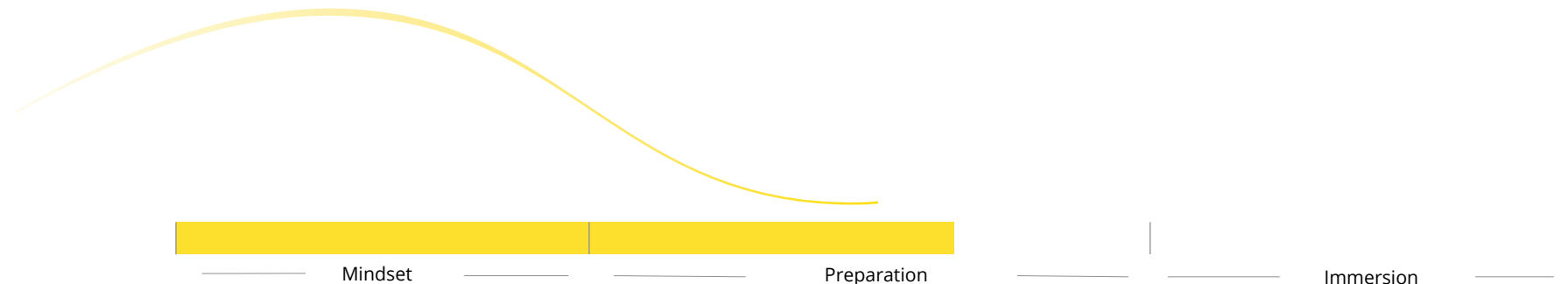


Step 2 – Preparation...(cont)

Awaken Mind and Body

Detaching from our thoughts and optimally activating the body helps to awaken the mind beyond the internal chatter that limits our potential.

Are you able to detach from your thoughts?

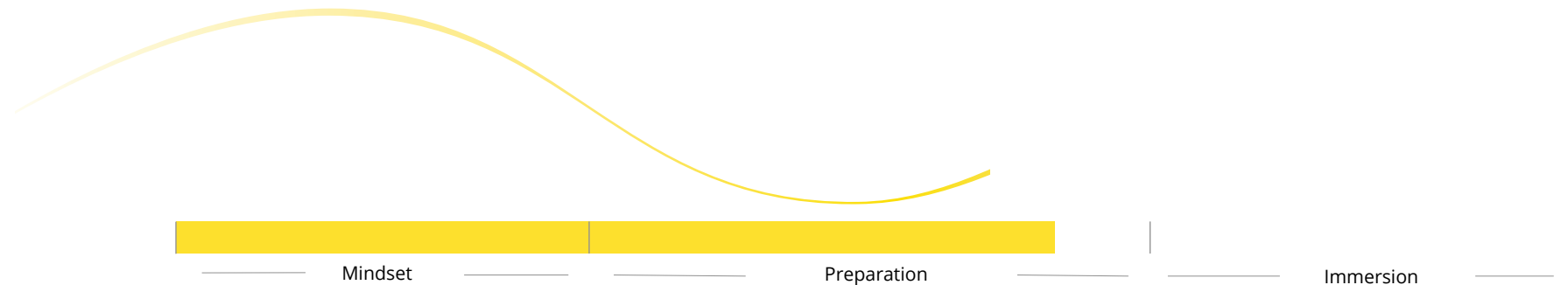


Step 2 – Preparation...(cont)

Optimise Emotions

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

What feelings lead you towards Flow?

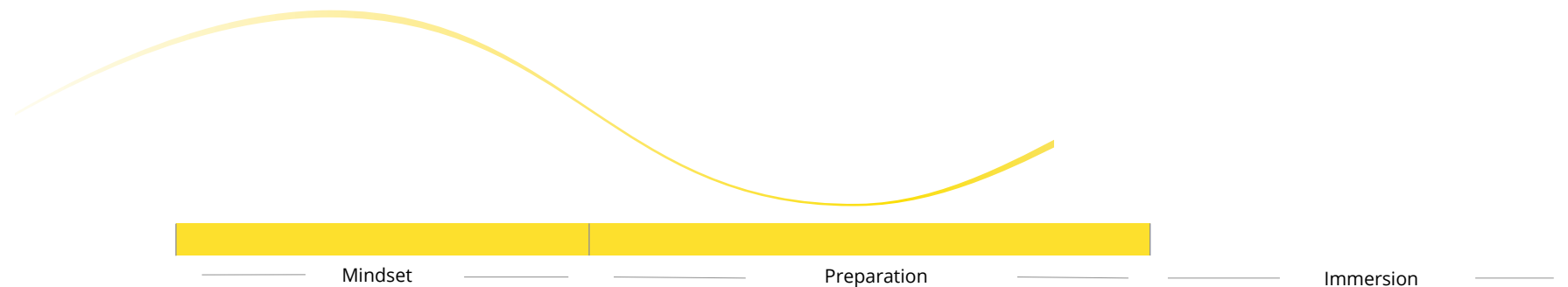


Step 2 – Preparation...(cont)

Manage Attention

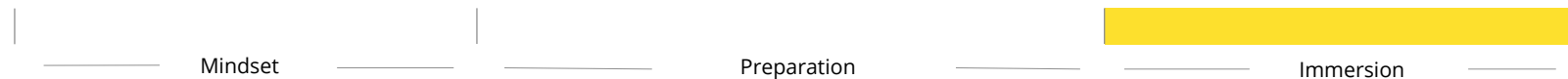
By concentrating on the task at hand, we focus 100% of our available bandwidth in to the act.

Where do you place your attention?



Step 3 - Immersion

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 and reaching a total immersion in the act.

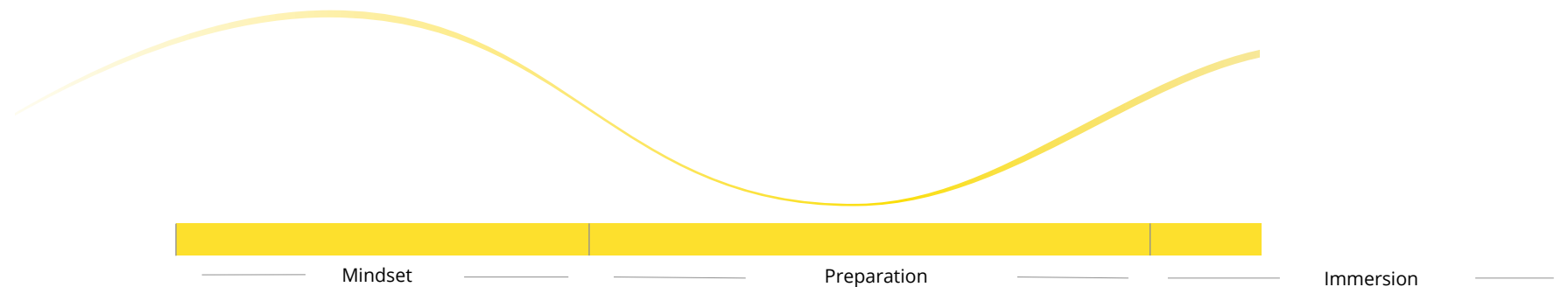


Step 3 – Immersion...(cont)

Play with Risk

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.

Are you being playful and taking risks?

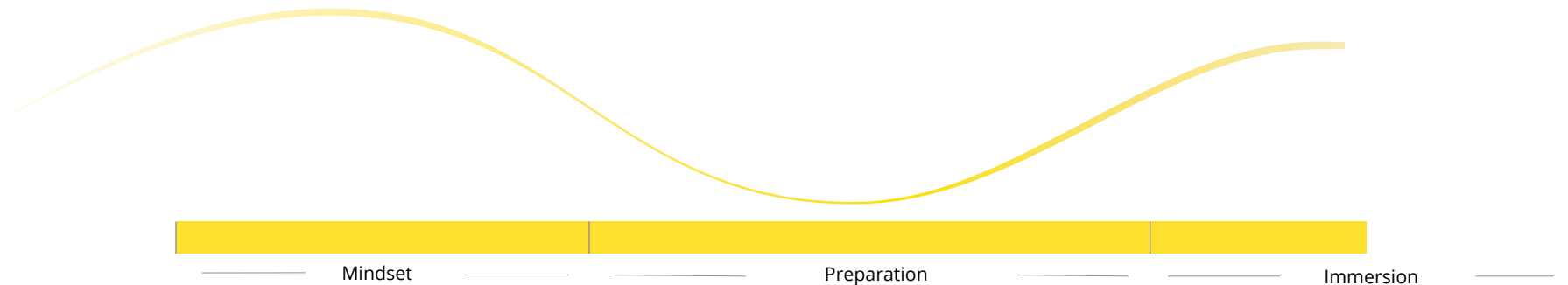


Step 3 – Immersion...(cont)

Synchronise Mind and Body

During Flow, we display an internal coherence and absolute trust between mind and body. We connect to our intuition and fire on all cylinders.

Are you able to totally trust your body while performing?

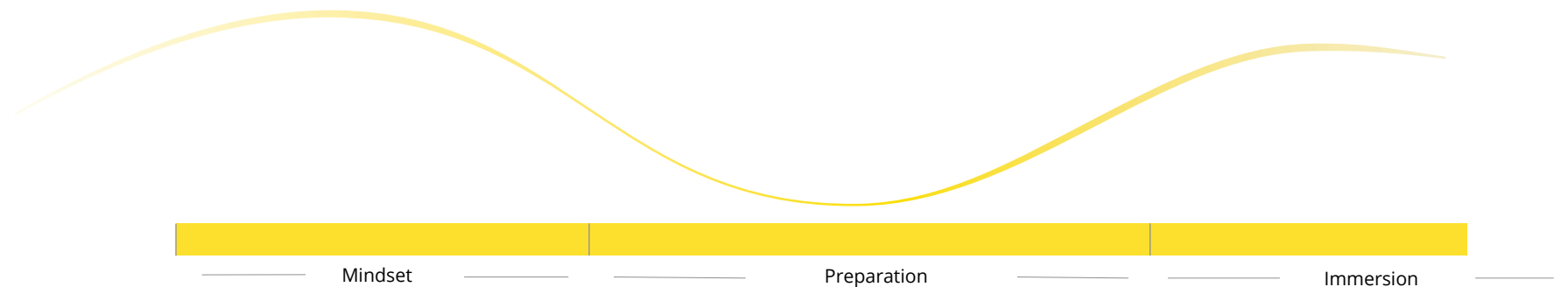


Step 3 – Immersion...(cont)

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?

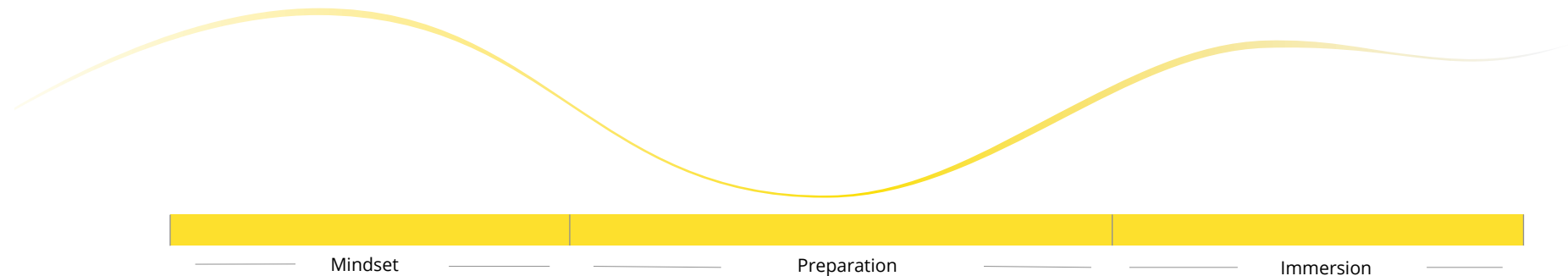


Step 3 – Total Immersion...(cont)

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.

How can you harness your energy?





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