

# The Pathway to Flow

## Flow Skills

### **Motivation**

Managing your motivations towards autonomous drivers and high valued experiences

### **Challenge**

Embracing the challenge to stretch your capability

### **Resilience**

Developing a curious and learning orientated approach towards achievement

### **Vision**

Framing your projections to create a clear direction and subsequent feedback

### **Attention**

Optimising the contents of your consciousness towards presence and absorption

### **Trust**

Letting it happen rather than making it happen through intuitive and effortless action

*Flow Mindset*

*Flow Experience*

# The Pathway to Flow

## Flow Skills

### Flow Mindset

#### Motivation

##### Re-framing Motives

- Intrinsic/Extrinsic Motivation / SDT
- Autonomy/ Vs Controlled drivers
- Autotelic participation

##### Motivational Forces

- Importance/ Perceived Value/Interest
- Goal congruency
- Commitment

#### Challenge

##### Embracing the Challenge

- Challenge-skill balance
- Strength Based Risk
- Safety
- Reframing Perspective

#### Resilience

##### Understanding Resilience

- Achievement - Enactive learning / Ego Orientated
- Goals/Success - Outcome/Process
- Mastery / Incremental Gains
- Curiosity / Learn, Grow Flow
- Relationship with self- Hope/compassion /

##### Understanding Stress

- Psychophysiology of Fear
- Stress Theories

##### Building Confidence

- Self Efficacy / Confidence

#### Vision

##### Understanding the Brain

- Bayesian theory - predictions
- Imagery
- Visualisation skills
- Hot/cold Cognition / Implicit/Explicit

##### Imagining the Experience

- Create Clear Task/Process Goals - Anchor
- Challenge Capability
- Inhibitors / Facilitators

### Flow Experience

#### Attention

##### Focusing Attention

- Absorption
- Externalise Attention
- Relevant Attention / Controllables
- Process Orientated
- Distractions
- Unambiguous Feedback

##### Awakening Mind

- Mindfulness
- Presence
- Time

##### Awakening Body

- Physical Readiness
- Embodied Cognition
- Heighten the senses
- Breathwork
- Trance

##### Optimising Emotions

- Emotional Regulation/IZOF
- State Management/Resetting
- Optimise emotions
- Optimal arousal

#### Trust

##### Being Effort-less

- Fluidity of movement
- Soft eye
- Playfulness - Safety
- Intuitive Action
- Intelligence Centres
- To/By/Through
- Letting go of Control

##### Surrendering Control

- Surrendering Me
- Hypo -Egoic / Loss of reflective Self-Consciousness
- Connection

##### Letting Energy Flow

- Chi - life force

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**READY**

Autotelic  
Mindset

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**SET**

Calibrate &  
Concentrate

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**FLOW**

Trust

### Trust

#### Being Effort-less

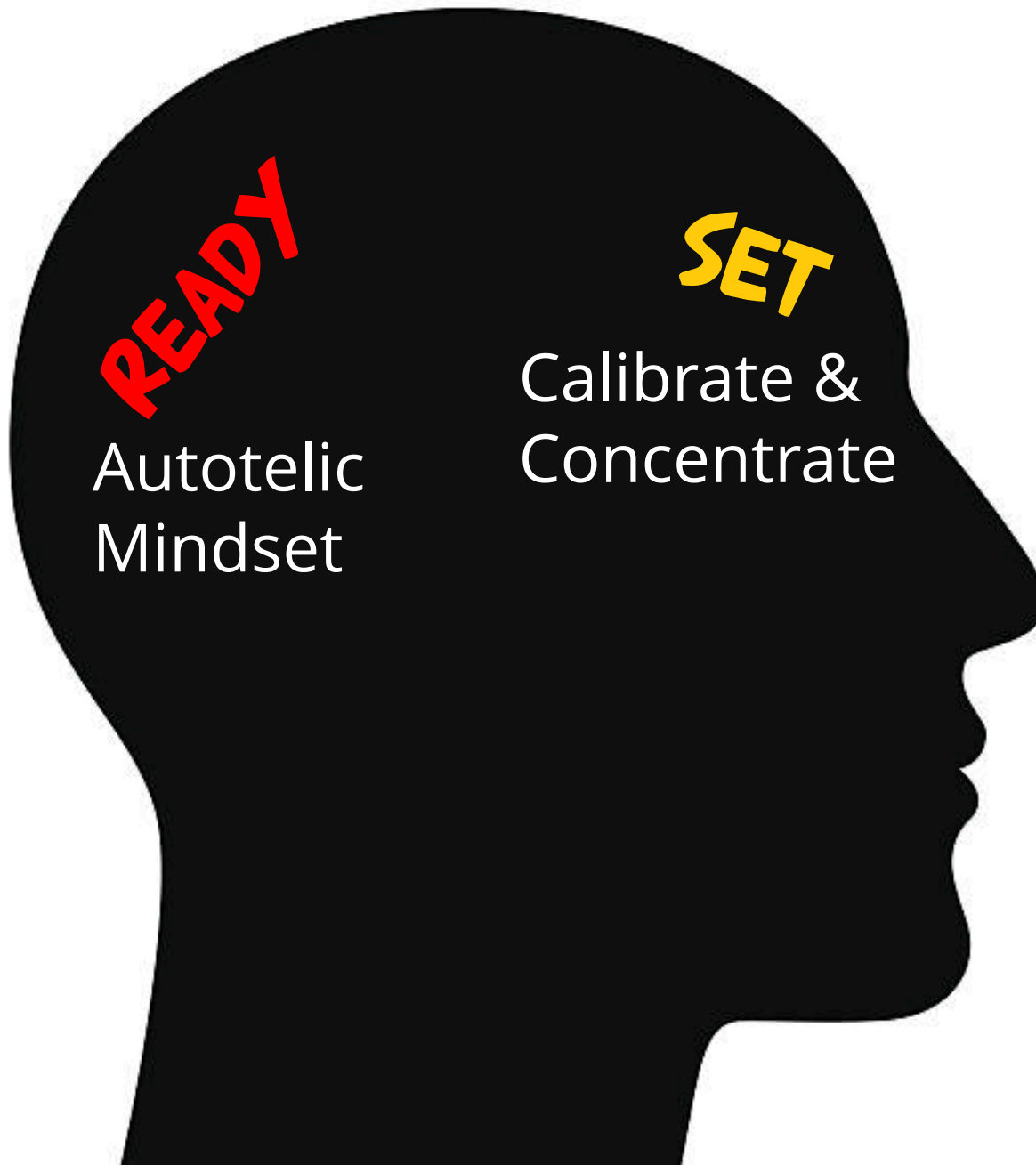
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**READY**

Autotelic  
Mindset

**SET**

Calibrate &  
Concentrate

**FLOW**

Trust

Steps

Pathway

**Original**

Detail

1

**Mindset**

*Aspire  
Autotelic*

Understanding Flow

Subjective Experience - Intention/Notion/Purpose

Igniting Inspiration

Intrinsic Motivation - Motivational Competence - Goal congruence -  
Autonomy - Importance - Interest

Learn, Grow, Flow

Enactive learning - Mastery - Incremental Gain - Curiosity

2

**Preparation**

*Concentrate  
Clarity*

Embracing the Challenge

Challenge-Skill Balance - Self Efficacy - Confidence - Perspective -  
Strength Based Risk - Safety

Building the Blueprint

Visualisation - Neurological Training - Clear Goals

Awakening Mind & Body

Mindfulness - Removing Distractions - Self-Regulation - Physical  
Readiness - Embodied Cognition

Optimising Emotions

Helpful/Unhelpful Emotions - IZOF - Optimal Arousal - State  
Management

Managing Attention

External Attention - Relevant attention - Process Orientated

3

**Immersion**

*Entrust  
Effortlessness*

Synchronising Mind & Body

Mind/Body Connection - Cortico-Muscular Coherence - Heightened  
Sensory Experience - Internal Harmony -

Surrendering Self

Loss of Self-Consciousness - Hypo-Egoism - Low DMN - Presence -  
Absorption - Merging of Action and Awareness

Effortless Action

Letting it Happen - Intuitive action - Fluidity of Action - Entrustment -  
Effortless Attention

Deep Flow

Free Flow Energy - Contagion - Time Transformation - Connection -  
Complete Freedom

## **#FlowFirst**

Making the world a better place by enabling all to find Flow: Enriching the quality of experience improves performance, health and contribution, creating meaningful and fulfilling lives.