



# BE UNSTOPPABLE

COACHING



## Getting Into FLOW

Tool and Worksheet





## Getting Into FLOW

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Positive psychologist Mihály Csíkszentmihályi, developed the concept of FLOW in 1975, who defined it as: "an optimal state of consciousness where we feel our best and perform our best." Flow has since been studied and taught over decades, sometimes referred to as 'being in the zone', enabling individuals to focus fully on what they are doing, to maximise their performance and outcomes.

A state of flow is achieved by a combination of factors, where the level of 'challenge and skill' are both simultaneously high, whilst working on a task or goal. If the challenge is too easy, a person will lose interest and experience boredom, alternatively, if the challenge is too difficult, a person may become anxious and doubtful, which slows down the activity process and progress. The experience of flow is pleasurable for the individual who can understand how to activate it, as they feel immersed in the moment, while strengthening their skills and sense of achievement.

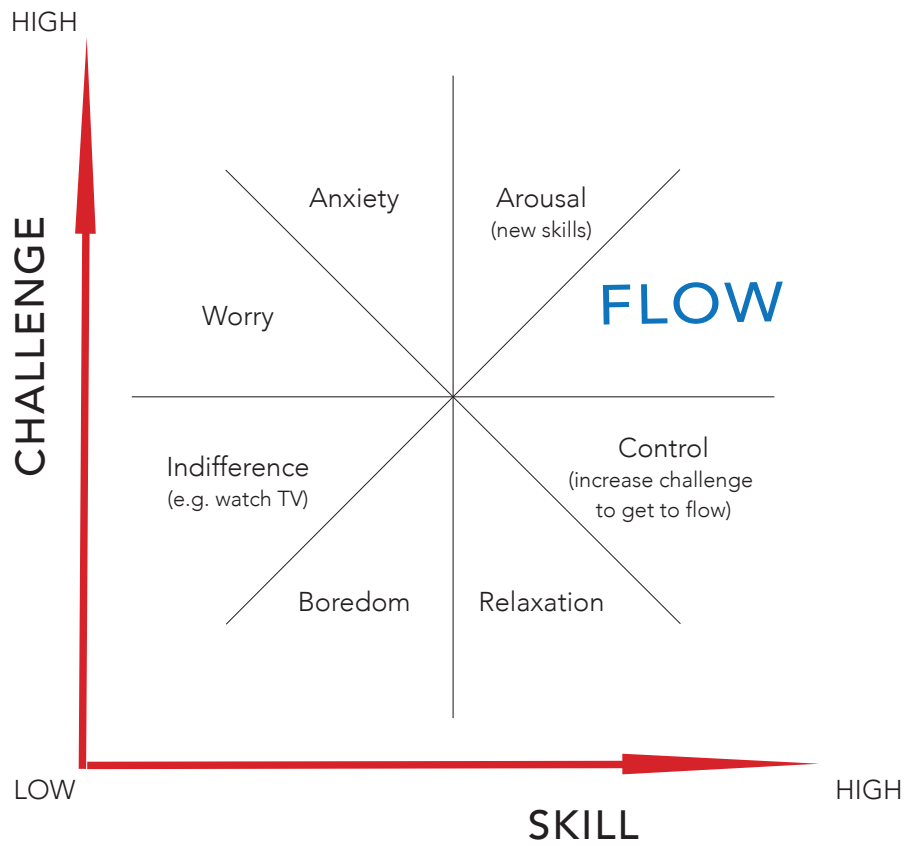
What goal are you currently working on?

What tasks and activities are needed to be performed to achieve that goal?

Where do you believe you are struggling to perform well with those tasks / activities?



Refer to the graph below and identify where you currently are positioned in relation to the tasks and activities you are working on and want to improve. Plot your answers ...



Evaluate your skills ... What skills do you have? What do you need to improve on?

What opportunities can you take advantage of to increase the level of 'good challenge'?



## Strengthening Your Mind for Flow ...

What are you noticing about yourself as you work on this to develop a flow state?

What can you do to block out distractions and focus on your skills?

How often can you meditate and practice mindfulness to stay clear-headed and focused?

Practice is KEY to learning faster and getting into flow ... Who can help you with support and assistance other than your coach?

Priorities and Scheduling ... Organise your life to focus on the things you want to do.  
What are you going to do? What are you not going to do?



## Getting Into FLOW ... Action Goals

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What action goals are you going set to help you get into a state of flow more frequently? Take into consideration what you have learnt regarding how flow is achieved and reflect on the insights gained by completing this worksheet. Write your goals below, including action steps to begin immediately.

Remember that a state of flow help you feel and perform at your best, when working on goals and other life activities, by enabling you to be fully focused on what you are doing, maximising performance and outcomes.

### GOALS

### ACTION STEPS