

Flow State

turn focus into productivity

8

Easy Steps



Gabriel Dibble
Founder  **DO IT ALL**
LetsGoDoItAll.com

①

Find activities that spark your focus and energy.

Identify Your Flow Triggers

Reflect on the activities where you feel **most engaged, challenged, and capable**. Whether it's creative work, problem-solving, or physical activity, **pinpoint what naturally pulls you into Flow**.



②

Define specific, manageable goals.

Set Clear, Achievable Goals

Break down big tasks into **smaller, actionable steps**. A clear path reduces overwhelm and provides **focus, making Flow easier to access**.

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Remove distractions and prioritize focus.

Eliminate Distractions

Create an environment conducive to **deep focus**. Turn off notifications, declutter your workspace, and **set boundaries for uninterrupted time**.



④

Choose tasks that challenge, but don't overwhelm.

Balance Challenge with Skill

Seek tasks that stretch your abilities just enough to **keep you engaged, but not overwhelmed**. This **balance is key** to sustaining Flow.

⑤

Stay present with mindfulness techniques.

Practice Mindfulness and Presence

Train your mind to **stay in the moment** with practices like meditation or breathwork. **Presence fosters awareness** and helps sustain Flow.



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Rest and recharge regularly.

Prioritize Rest and Recovery.

Allow time for **breaks, rest, and reflection**. Recharge your mind and body to **maintain high energy and prevent burnout**.

⑦

Journal and learn from your Flow experiences.

Track and Reflect on Your Flow States

Keep a journal of **when you enter Flow**, noting what **worked and what didn't**. Use these insights to **refine** your approach.



⑧

Keep learning and growing every day.

Commit to Lifelong Learning

Embrace curiosity and the pursuit of **mastery**. New skills and knowledge **expand your capacity** for Flow and keep life **engaging**.



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