

Flow Trigger Cheat Sheet

Psychological Triggers	
1 – Intensely Focused Attention	<ul style="list-style-type: none"> - Singletask - 11/25-rule - Tough deadlines
2 – Clear Goals	<ul style="list-style-type: none"> - Mastery goals - Small chunk - 1 to 3 per day
3 – Immediate Feedback	<ul style="list-style-type: none"> - Identify feedback mechanisms - Reproduce - Create
4 – Challenge-to-Skill Ratio	<ul style="list-style-type: none"> - 4% - Mastery goals - Seek out challenges

Environmental Triggers	
5 – High Consequences	<ul style="list-style-type: none"> - Take small social risks - Take responsibility - Jump into deep water
6 – Rich Environment	<ul style="list-style-type: none"> - Sensory Information Overload - Concentration - Creativity
7 – Deep Embodiment	<ul style="list-style-type: none"> - Total physical awareness - Roam around - Get to know people

Social Triggers	
8 – Serious Concentration	<ul style="list-style-type: none"> - Full attention in the moment - Look into the eyes - Turn off your phone
9 – Shared and Clear Goals	<ul style="list-style-type: none"> - Leeway for creativity - Long term vision - Short term goals
10 – Good Communication	<ul style="list-style-type: none"> - Positivity - Trust - Look into everyone's eyes
11 – Familiarity	<ul style="list-style-type: none"> - Spend time together
12 – Equal Participation	<ul style="list-style-type: none"> - Build Trust - Help and mentor - Growth mindset
13 – Shared Risk	<ul style="list-style-type: none"> - Create need for creativity - Accountability - Burn bridges of retreat
14 – Sense of Control	<ul style="list-style-type: none"> - Everyone has a say - Control challenge level - Trust others to do great
15 – Close Listening	<ul style="list-style-type: none"> - Immersed in conversation - No planned responses - Paraphrase
16 – Always Saying Yes	<ul style="list-style-type: none"> - Build on ideas - Leave ego behind - Solution orientation

The Creative Trigger	
17 – The Creative Trigger	<ul style="list-style-type: none"> - Find new connections - Increase level of mastery - Create

Bonus Trigger	
18 - Music	<ul style="list-style-type: none"> - Rotate playlists - Instrumentals - Music you enjoy!