

Flow Cycle Cheat Sheet

The Four Phases of Flow	
1 – The Struggle Phase	<ul style="list-style-type: none"> - Cortisol + Noradrenaline - Ingrained habits surface - Believe in the process
2 – The Release Phase	<ul style="list-style-type: none"> - Concentration → Nitric Oxide - Avoiding distractions - Meditatio
3 – The Flow Phase	<ul style="list-style-type: none"> - Do what you love - Flow triggers - Live a healthy life
4 – The Recovery Phase	<ul style="list-style-type: none"> - Replenish neurotransmitters - Have fun - Sleep

5 Tricks to Start Moving
1. Start easy
2. Use rewards
3. Start moving
4. Create pressure
5. Get mad at fear