

FLOW AT WORK

MAKING PEAK PERFORMANCE AND ENGAGEMENT CLEAR AND EASY



WHAT IS FLOW?

CAN YOU RECALL A MOMENT YOU WERE SO ABSORBED IN SOMETHING....

...THAT HOURS PASSED BY LIKE MINUTES?

...THAT YOU LOST ALL SENSE OF THE OUTSIDE WORLD?

...YOU WERE COMPLETELY FOCUSED, YET IT FELT EFFORTLESS?

WHAT IS FLOW?

FLOW IS A STATE OF DEEP FOCUS
AND ENGAGEMENT WHERE WE
FEEL AND PERFORM OUR BEST.

WHAT IS FLOW?

FLOWY ACTIVITIES



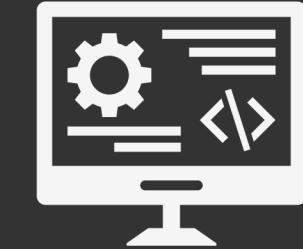
SPORTS & EXERCISE



DEEP CONVERSATION



CREATIVE WORK



CODING & WRITING

WHAT DOES FLOW FEEL LIKE?



FOCUS IS
EFFORTLESS



IMMersed in
YOUR SPACE



TIME IS FAST OR
SLOW



EASE &
ENJOYMENT



ENGAGED
ENERGY



COMPLETE
PRESENCE

WHY FLOW?

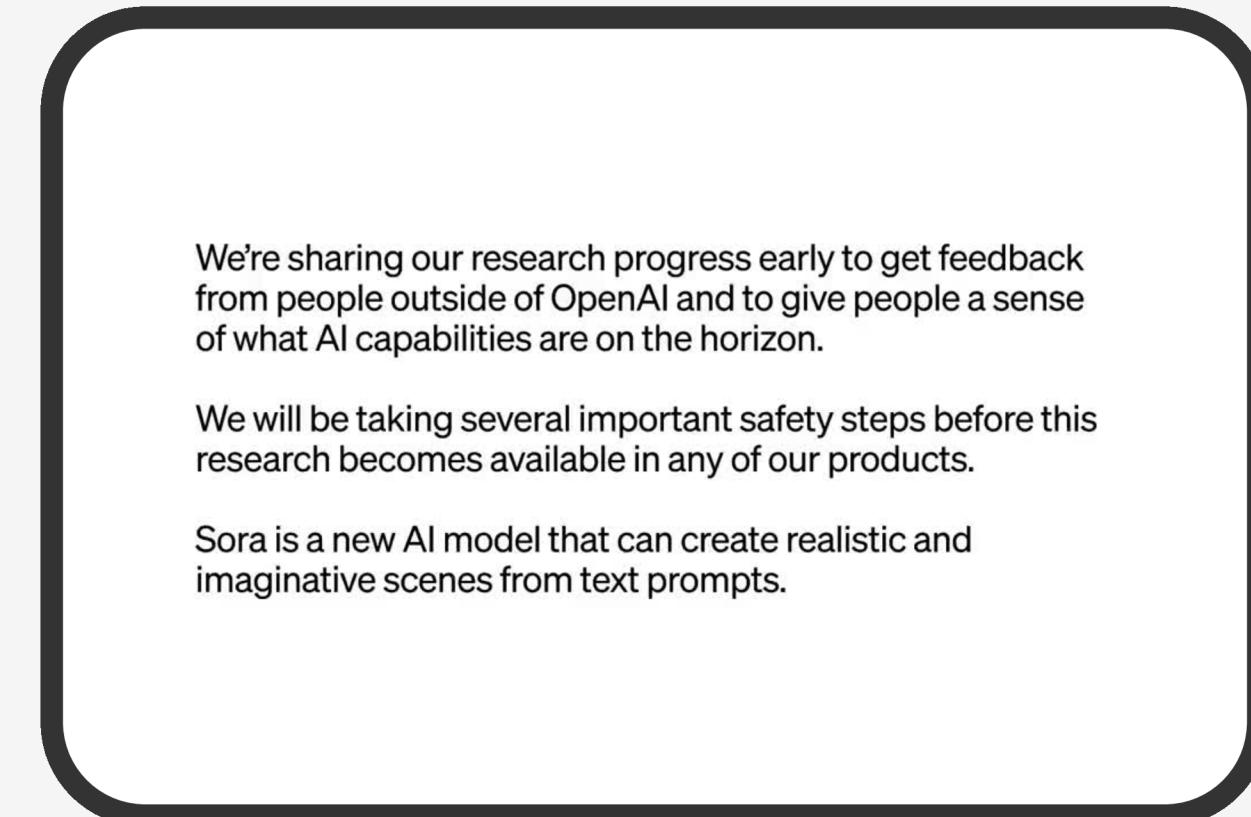
WE ARE IN THE AGE OF ACCELERATION.

'Demonic' AI-Generated 'Will Smith Eating Spaghetti' Clip Goes Viral



APRIL 2023

Meet ChatGPT's sister, Sora: A text-to-video AI that turns you into Spielberg with a sentence



MARCH 2024

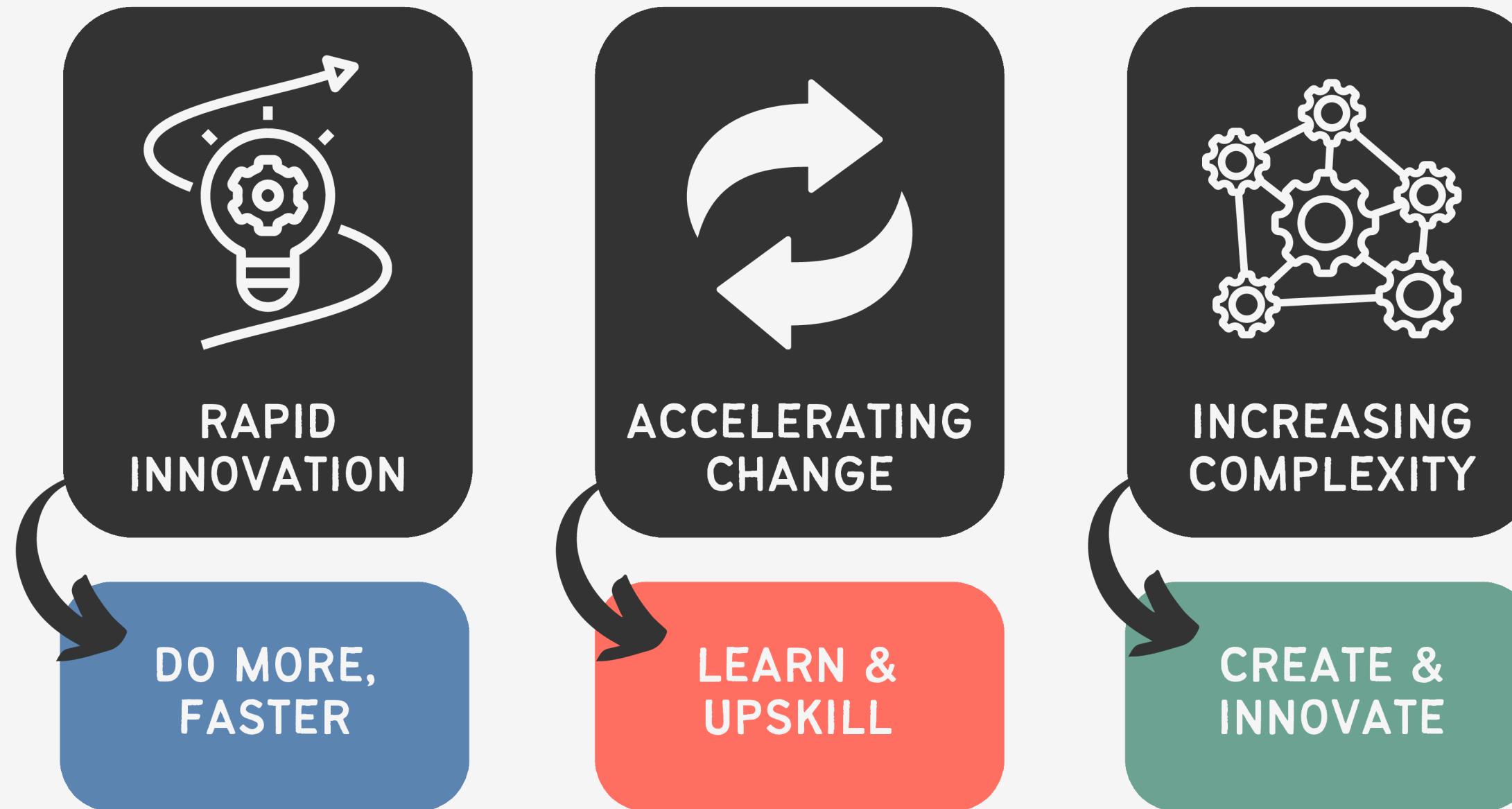
AI & HUMANOIDS
Reid Hoffman's AI clone: So 'human' that it wipes a booger on the table



APRIL 2024

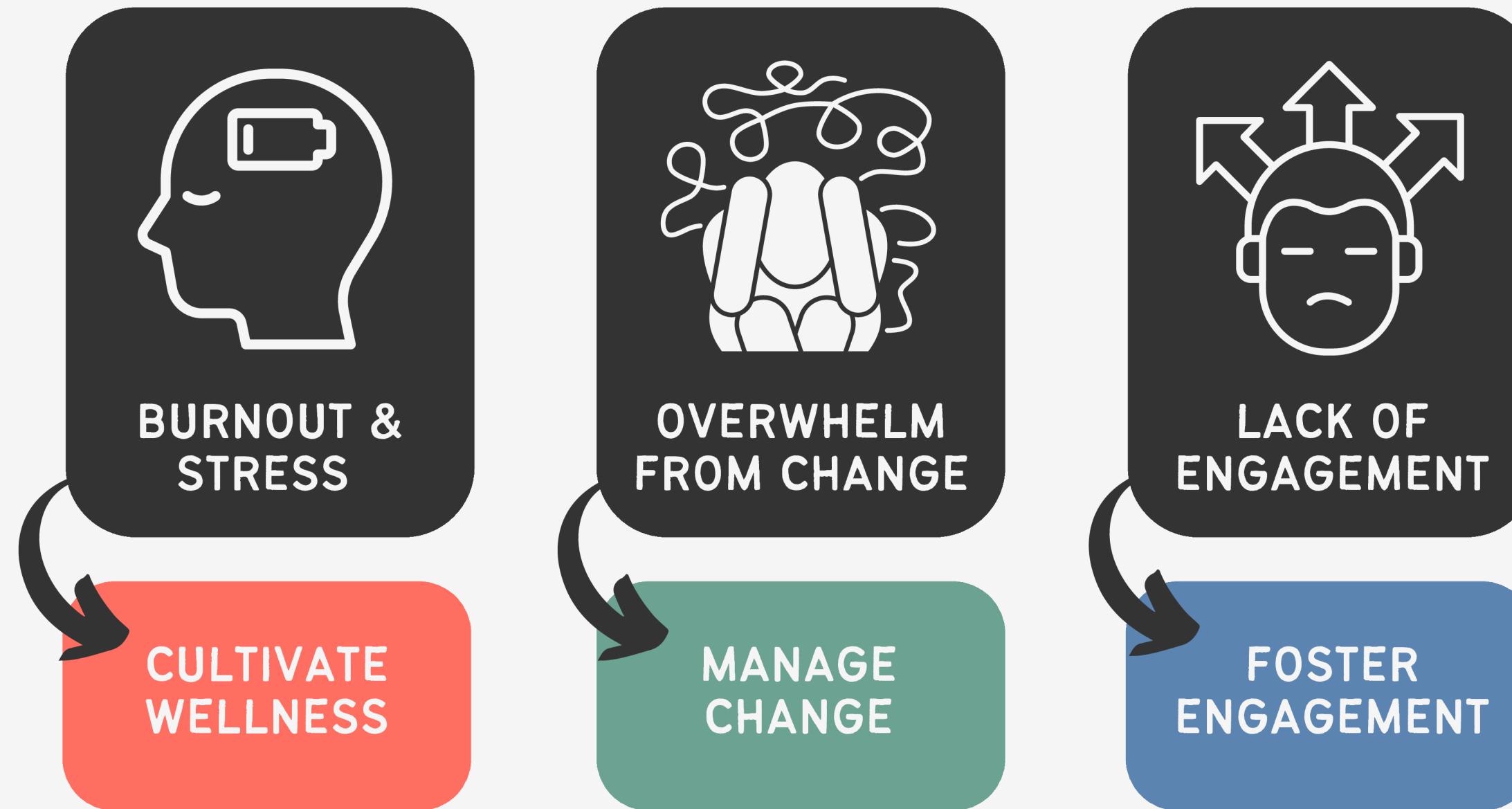
WHY FLOW?

WE ARE IN THE AGE OF ACCELERATION.
→ IT'S CALLING US TO STEP UP OUR GAME.



WHY FLOW?

WE ARE IN THE AGE OF ACCELERATION.
→ OUR WELLNESS IS TAKING A HIT.



WHY FLOW?

MANY CHALLENGES - ALL AT ONCE.



WHY FLOW?

MANY CHALLENGES – MANY SOLUTIONS.



WHY FLOW?

MANY CHALLENGES – ONE AIM.



WHY FLOW?

ONE AIM – MANY BENEFITS.

FLOW
IMPROVES...

LEARNING &
MEMORY

+200%



CREATIVITY &
INNOVATION

+430%



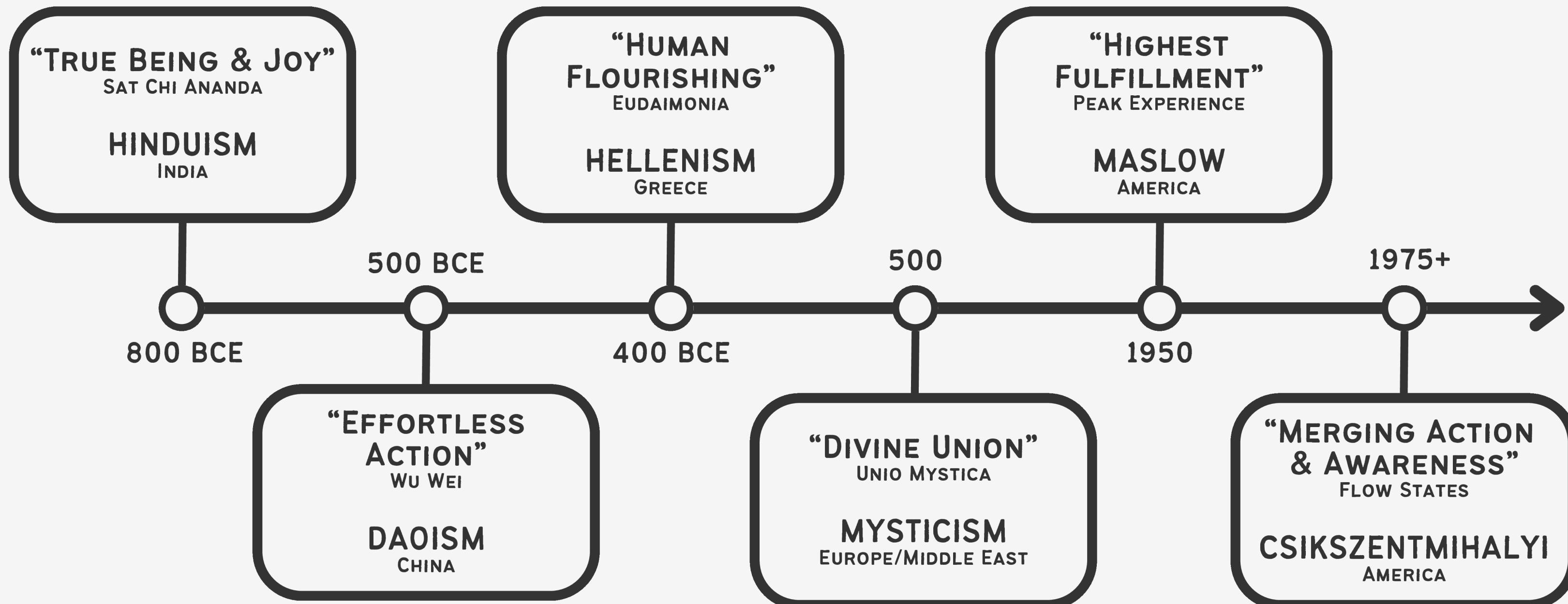
MOTIVATION &
PRODUCTIVITY

+500%

McKinsey
& Company

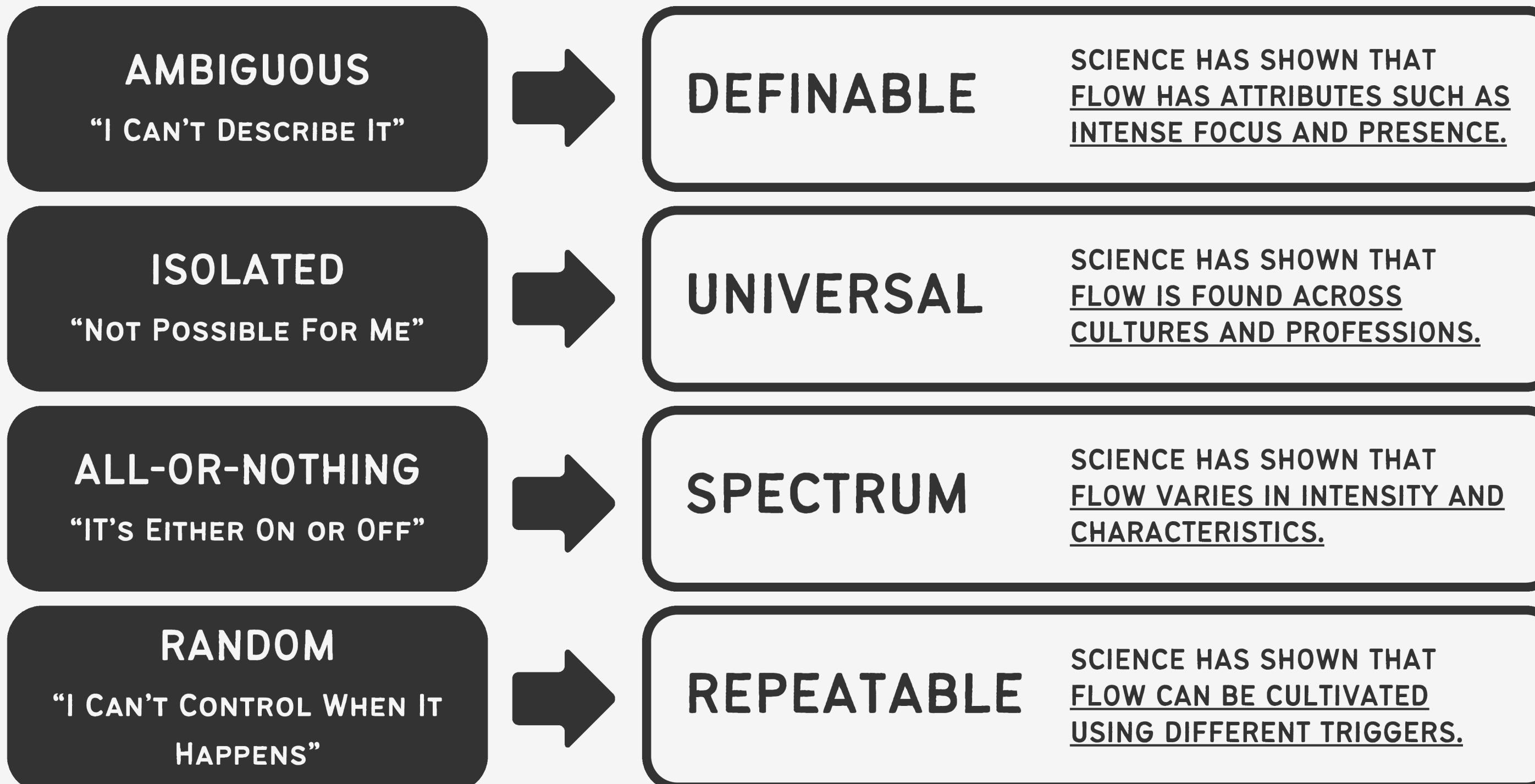
WHY FLOW?

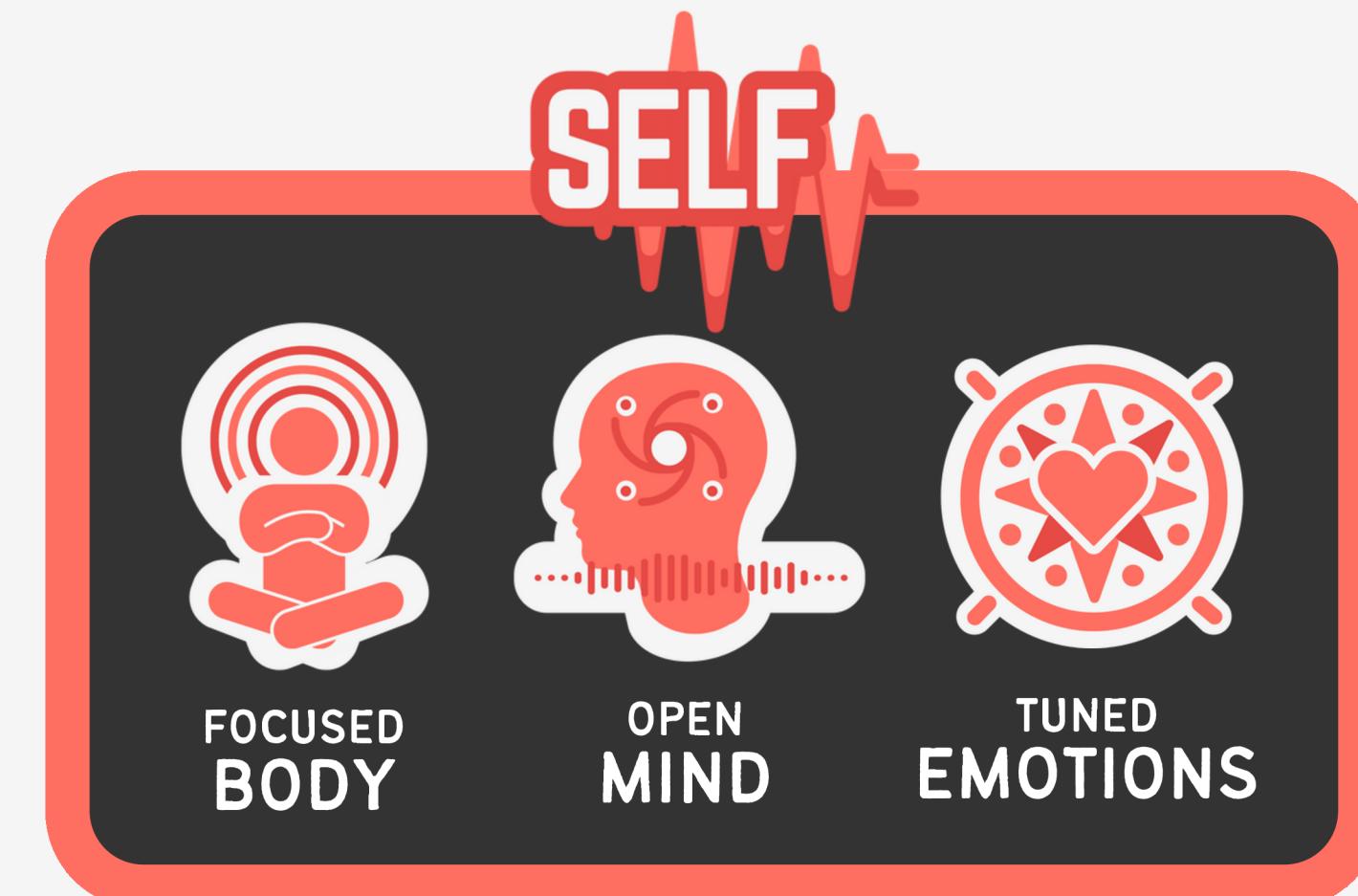
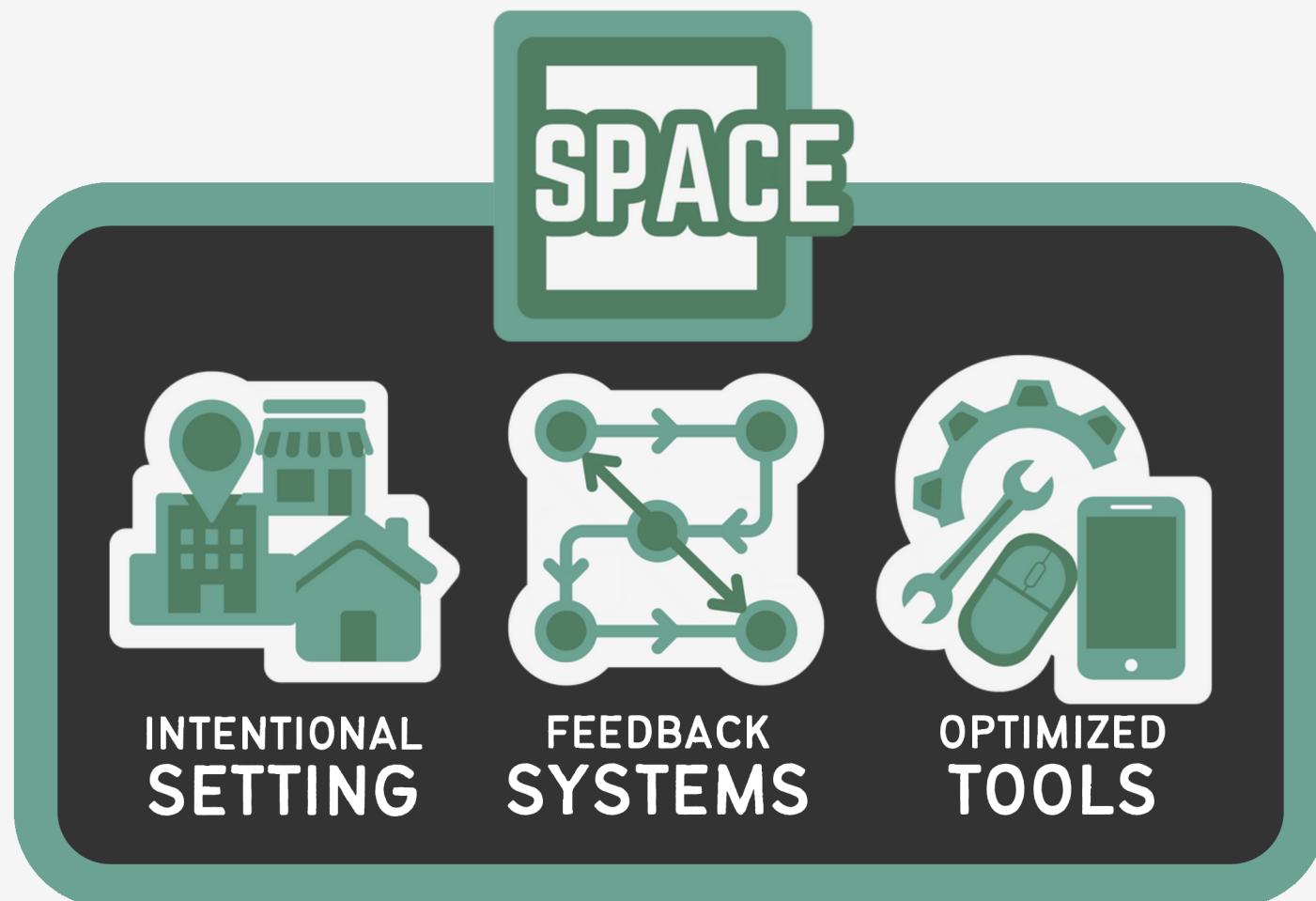
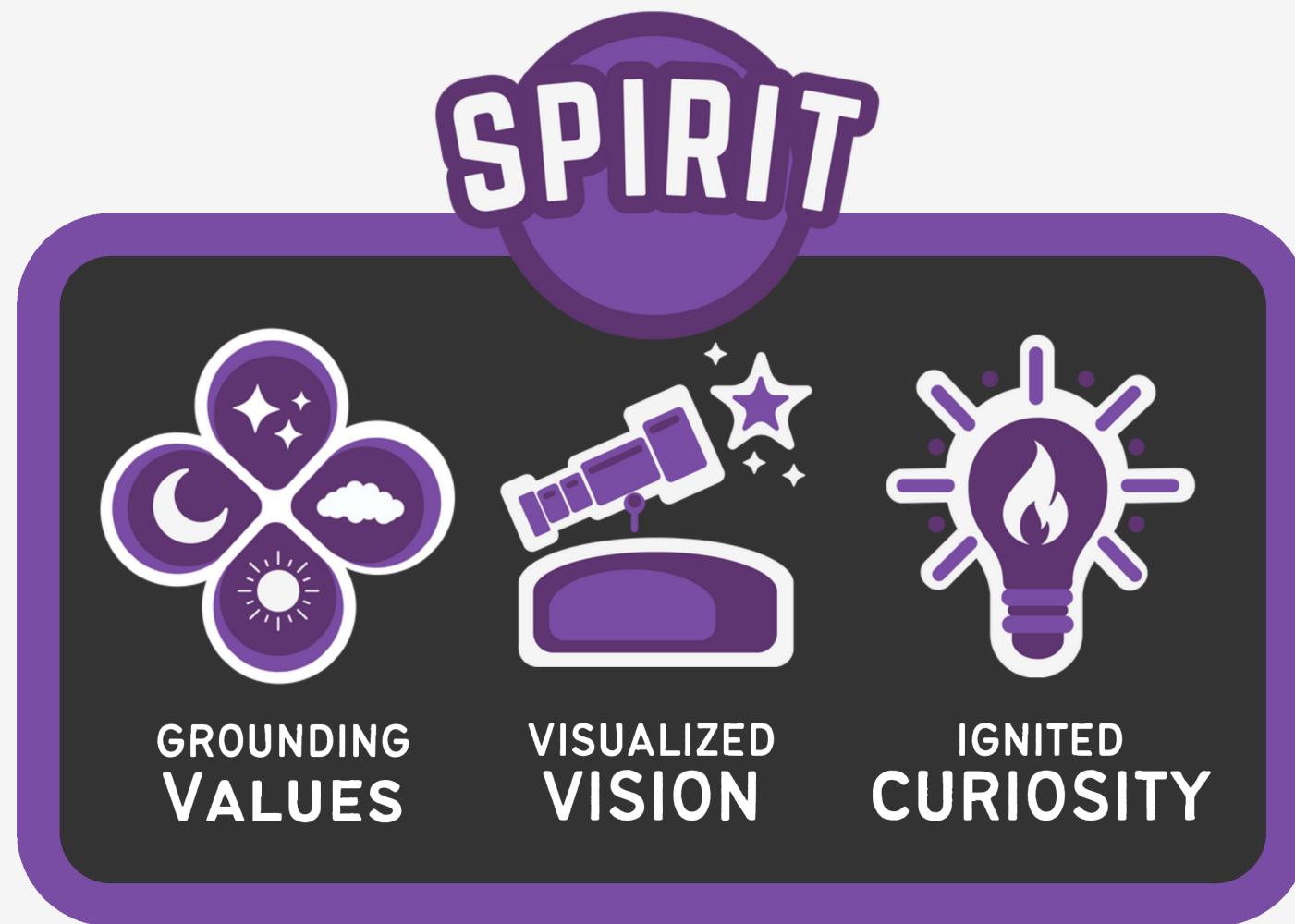
ONE AIM – STANDS THE TEST OF TIME.



WHY FLOW?

ONE AIM – UNLOCKED WITH SCIENCE.







GROUNDING VALUES

MORALS
ETHICS
IDEALS



VISUALIZED VISION

PURPOSE
DREAM
METAPHOR



IGNITED CURIOSITY

INTERESTS
PASSION
MYSTERY



GENERATIVE STORY

WHY
PLAN
ROADMAP



WORTHY MISSION

GOAL
DELIVERABLE
TARGET



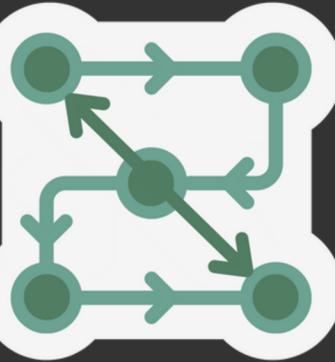
EMPOWERED ROLE

POSITION
FUNCTION
CONTRIBUTION



INTENTIONAL SPACE

ENVIRONMENT
WORKSPACE
ATMOSPHERE



FEEDBACK SYSTEMS

EXPERIMENTS
PROCESSES
STRUCTURES



OPTIMIZED TOOLS

AUTOMATION
RESOURCES
GADGETS



FOCUSED BODY

ACTIONS
SKILLS
ENERGY



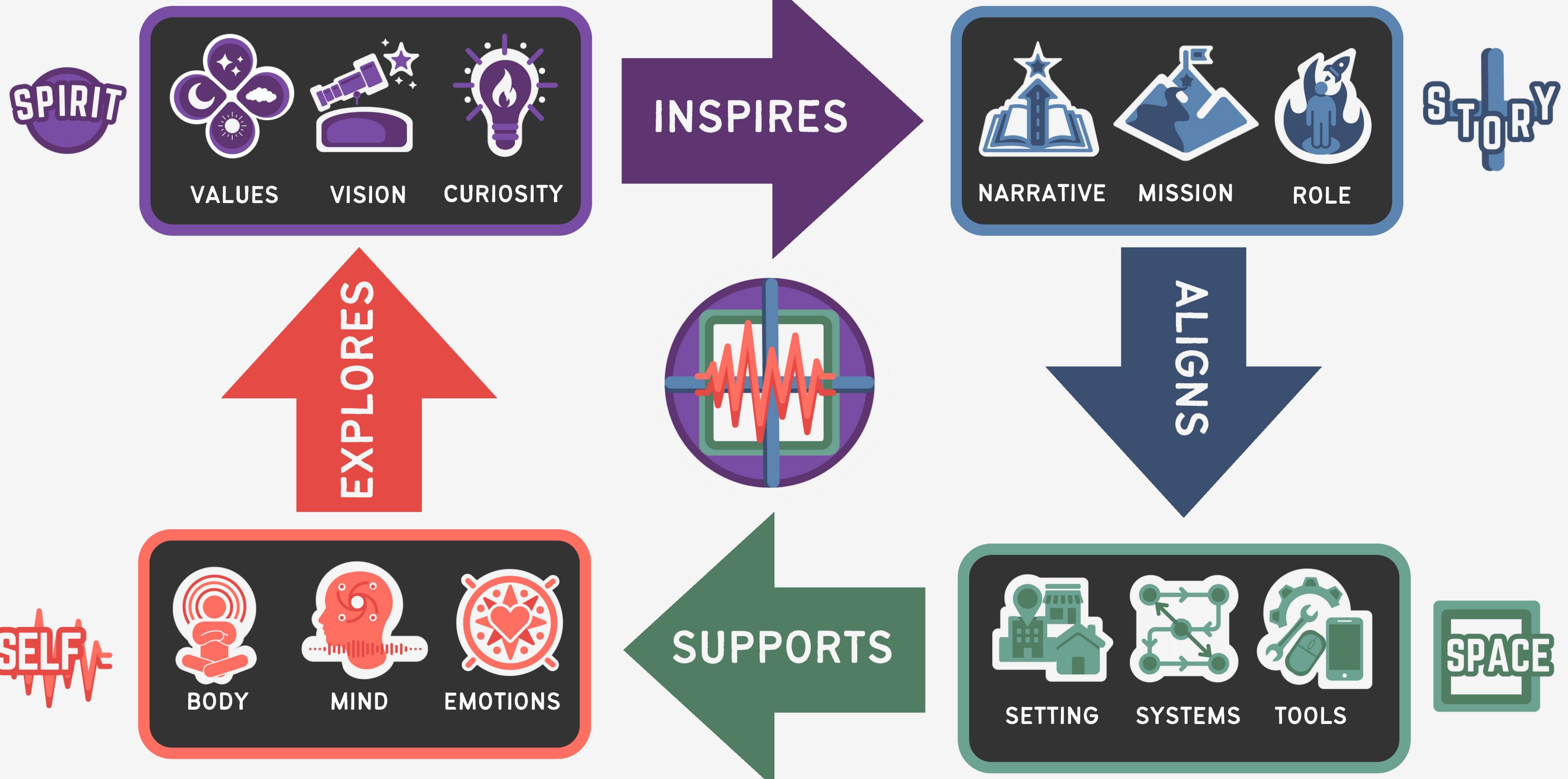
OPEN MIND

THOUGHTS
BELIEFS
MINDSET

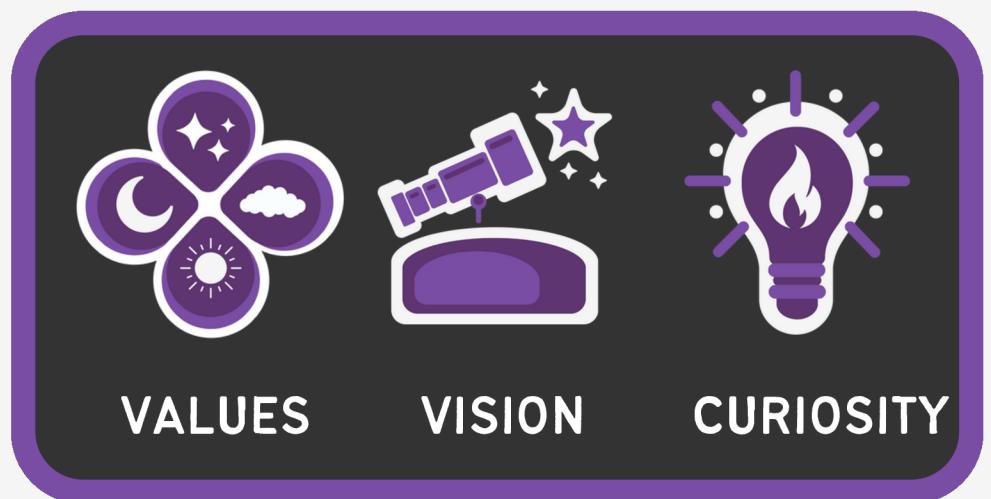


TUNED EMOTIONS

FEELINGS
ATTITUDE
MOOD



SPIRIT



FULFILLS

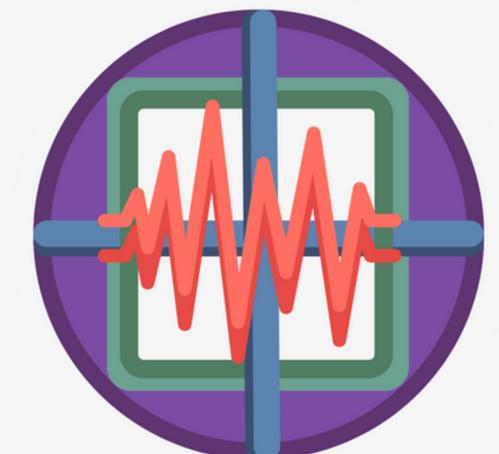


STORY

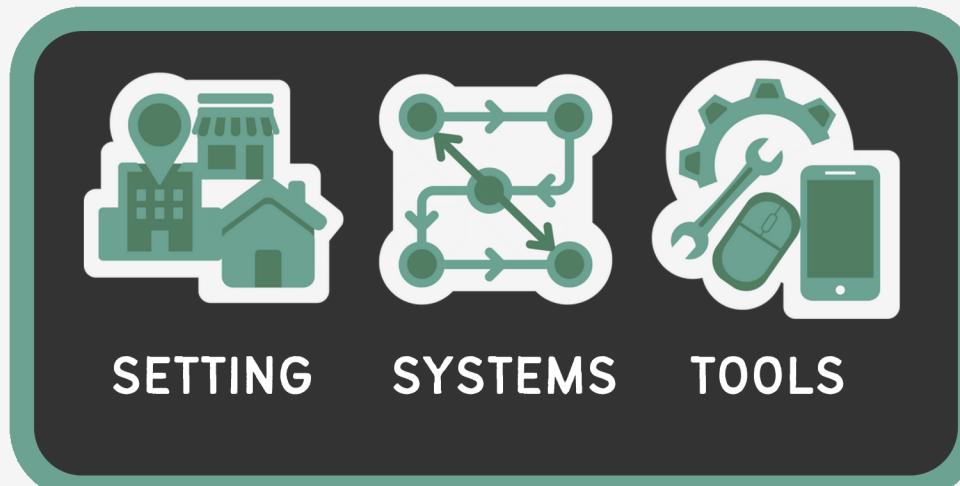
SELF



ENGAGES



ADVANCES



SPACE

ACTS



SELF ENCOMPASSES OUR BODY, MIND, AND EMOTIONS. FREQUENCY REPRESENTS THE ENERGY THAT ANIMATES HOW WE FEEL, WHAT WE BELIEVE AND THE ACTIONS WE TAKE. WE LOOK TO 'TUNE' OUR BODY, MIND, AND EMOTIONS TO OPERATE IN HARMONY.



IN FLOW, **EMOTIONS** ARE TUNED TO POSITIVE ENGAGEMENT—FEELINGS LIKE JOY, EXCITEMENT, AND DEEP SATISFACTION.

TO FIND OUR WAY TO FLOW, WE USE NEGATIVE EMOTIONS SUCH AS ANXIETY OR BOREDOM TO HELP GUIDE US IN 'TUNING' OUR CONTEXT FOR FLOW.



IN FLOW, THE **BODY** OPERATES AT ITS PEAK, WITH ACTIONS THAT FEEL EFFORTLESS AND SMOOTH.

FLOW IS A HIGH ENERGY STATE. TO AMPLIFY THE FREQUENCY ENERGY WE RECEIVE AND TRANSMIT IN THE PURSUIT OF THE GOALS WE SET, WE MOVE ATTENTION TO OUR BODY.



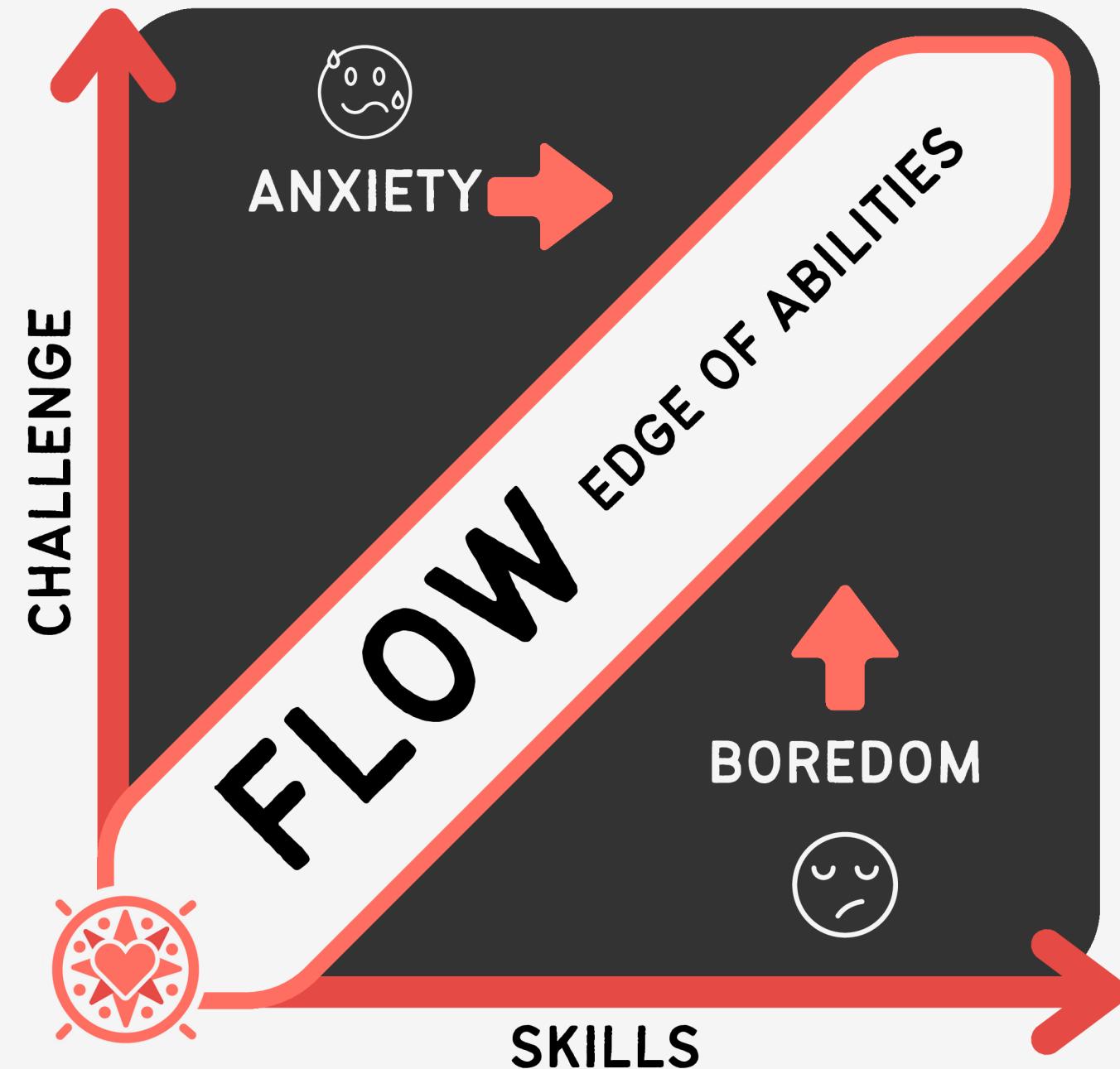
IN FLOW, THE **MIND** ENTERS A STATE OF CLARITY AND FOCUS, FREE FROM DISTRACTIONS.

IDEAS AND SOLUTIONS FLOW NATURALLY BY CULTIVATING AN OPEN MIND. THIS OPENNESS IS GROUNDED AND GUIDED BY THE THOUGHTS, BELIEFS AND MODELS WE EMPLOY.



TUNED EMOTIONS

EMOTIONS AS COMPASS



ANXIOUS? OVERWHELMED?

CLARIFY & IMPROVE



BORED? DISENGAGED?

GAMIFY & STRETCH



FOCUSED BODY

MOVE ATTENTION TO YOUR BODY.

THOUGHT-FOCUSED

WHEN YOU'RE CAUGHT IN ANALYSIS AND HESITATION, SPLIT BETWEEN PAST AND FUTURE, REACTING RATHER THAN FULLY ENGAGING IN THE PRESENT.



OVERTHINKING, ANALYZING, OR RECALLING THE PAST AND ANTICIPATING THE FUTURE.



BODY-FOCUSED

WHEN YOU'RE FULLY PRESENT, MOVING EFFORTLESSLY IN SYNC WITH YOUR MIND AND BODY, RESPONDING INSTINCTIVELY IN THE MOMENT.

TUNING INTO SENSATIONS, BREATHING, AND MOVING INTUITIVELY IN THE PRESENT.





OPEN MIND

ADOPT GROWTH MINDSET.

MINDSET



CHALLENGE

AVOID CHALLENGES



EMBRACE CHALLENGES

OBSTACLES

GIVE UP EASILY

PERSIST DESPITE SETBACKS

EFFORT

POINTLESS & EXHAUSTING

A PATH TO MASTERY

CRITICISM

IGNORE FEEDBACK

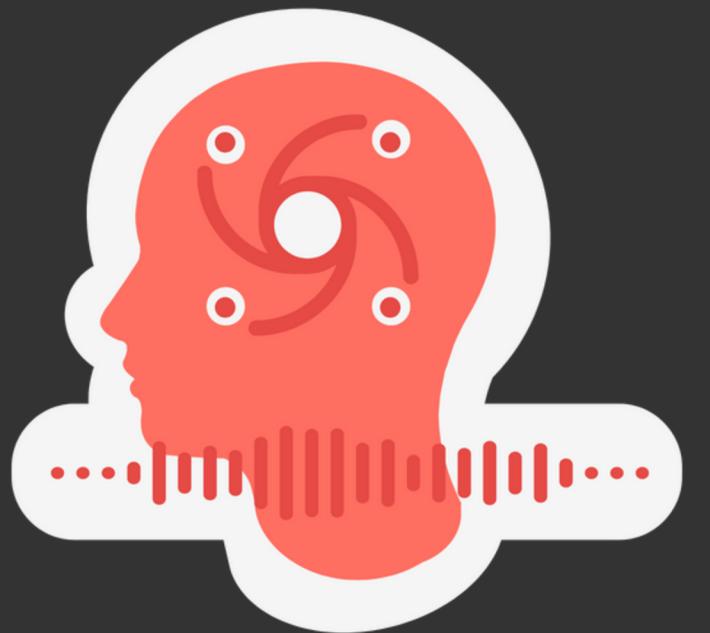
LEARN FROM CRITICISM



OPEN MIND

MANAGE MIND CLUTTER

MOVE MIND CLUTTER TO EXTERNAL TOOLS



PLANS



IDEAS



TO-DOS



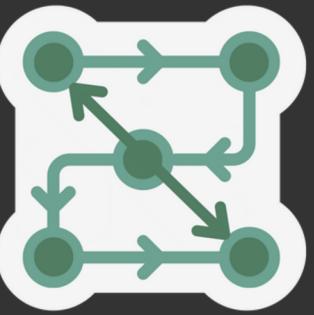
GOALS



SPACE ENCOMPASSES OUR SETTING, SYSTEMS AND TOOLS.
THE SQUARE REPRESENTS THE STABILITY AND STRUCTURE WE AIM TO CREATE.
WHEN OUR SETTING, SYSTEMS, AND TOOLS ARE WELL-ALIGNED, WE CREATE THE
FOUNDATION FOR FLOW.



SETTING IS THE ENVIRONMENT
WE CREATE FOR OURSELVES.
FLOW HAPPENS IN SETTINGS
THAT PROVIDE CLARITY ON
WHAT TO FOCUS AND KEEP US
ALIGNED TO OUR GOALS.



SYSTEMS REFLECT THE
PROCESSES WE PUT IN
PLACE TO KEEP LIFE MOVING
SMOOTHLY. WHETHER A
WORKFLOW OR A DAILY
HABIT, SYSTEMS ARE THE
CHASSIS ON WHICH WE
FLOW.



TOOLS ARE THE RESOURCES,
GADGETS, AND EQUIPMENT
THAT ASSIST US IN OUR DAILY
TASKS. TOOLS ARE
EXTENSIONS OF OUR SELF IN
FLOW, MAKING THEM POTENT
FLOW ENHancers (or
KILLERS).



OPTIMIZED TOOLS

ENHANCE YOUR ABILITIES.

— IMPAIRS

THE TOOL

MESSAGING

SOCIAL MEDIA

PHONES

THE EFFECT

MULTI-TASKING

DOOMSCROLLING

DISTRACTIONS

+ ENHANCES

THE TOOL

WRITING

AUTOMATION

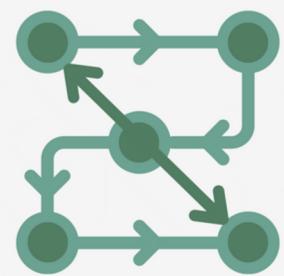
TEMPLATES

THE EFFECT

MORE BANDWIDTH

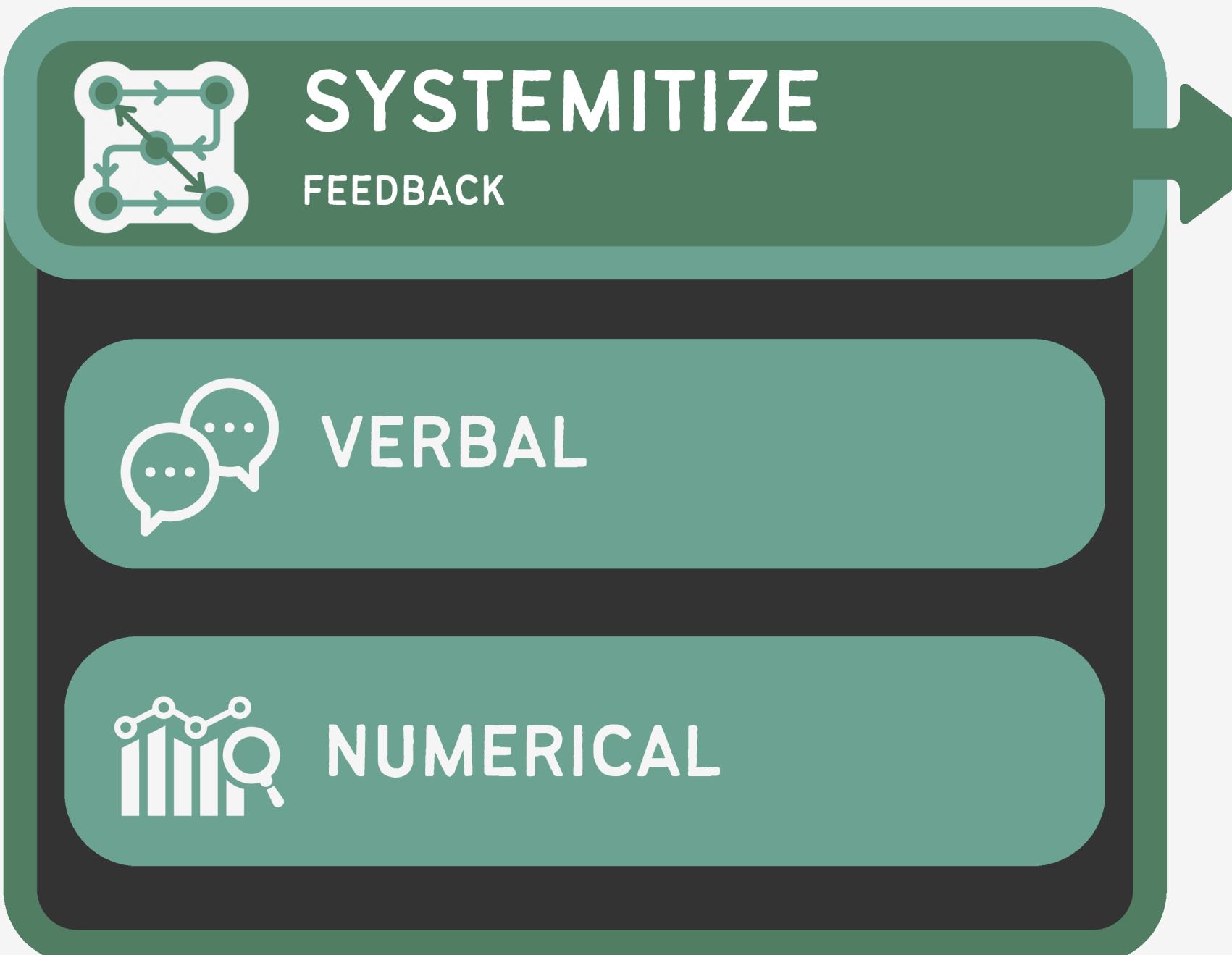
REDUCED FRICTION

MORE VALUE



FEEDBACK SYSTEMS

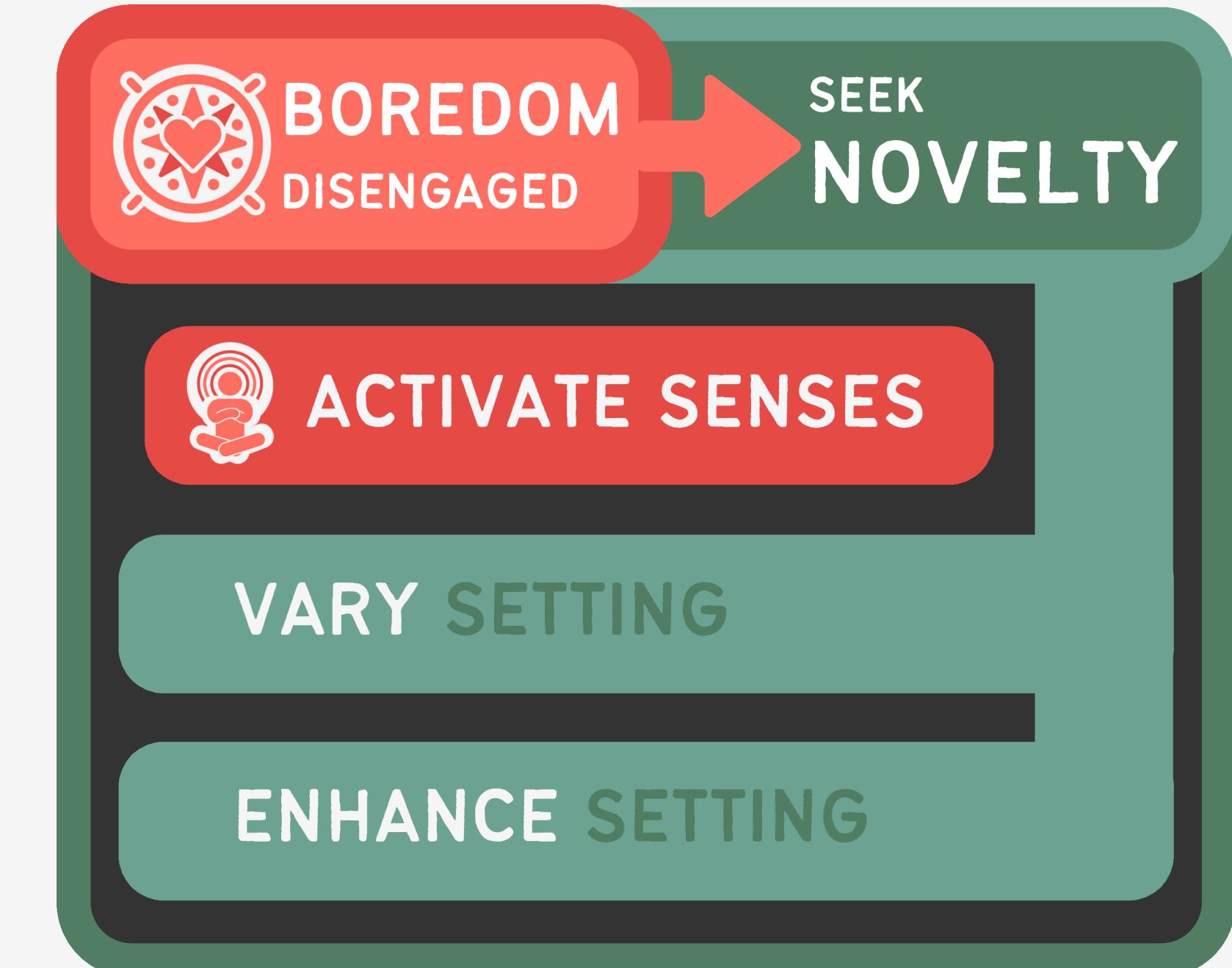
FIND FEEDBACK.





INTENTIONAL SETTING

CURATE AN INTENTIONAL SPACE.





STORY ENCOMPASSES OUR NARRATIVE, GOALS, AND ROLES. THE CROSS SYMBOLIZES TIME'S PASSAGE, STRETCHING ACROSS OUR EXPERIENCES AND MEMORIES, WHILE THE VERTICAL LINE SIGNIFIES THE PRESENT MOMENT, WHERE FLOW HAPPENS.



NARRATIVES ARE THE STORIES WE TELL OURSELVES ABOUT WHO WE ARE AND WHERE WE'RE GOING.

IN FLOW, WE CREATE COHERENCE BETWEEN OUR PAST EXPERIENCES AND OUR FUTURE VISION FOR THE FUTURE BY CONNECTING DEEPLY TO OUR PERSONAL NARRATIVE.



MISSION IS WHAT WE SET OUT TO ACCOMPLISH - THE GOALS AND DELIVERABLES WE AIM FOR.

FLOW OCCURS WHEN OUR MISSION SERVES AS A BEACON, GUIDING US THROUGH LIFE WHILE CLARIFYING OUR DAILY ACTIONS.



ROLE IS WHAT ANCHORS US IN THE MOMENT, THE FUNCTIONS WE SERVE IN OUR DAILY LIFE.

IN FLOW, OUR ROLE TAKES ON RESPONSIBILITY FOR THE MISSION AND IN RETURN, ARE GRANTED THE AUTONOMY TO PURSUE IT.



CLEAR MISSION

FILTER REALITY WITH YOUR AIMS.

GOALS



FEARS





CLEAR MISSION

CLARIFY GOALS.



GOAL CLARITY





CLEAR MISSION

CLARIFY GOALS.

CHUNK YOUR GOALS





EMPOWERED ROLE

ENABLE WITH AUTONOMY.

EMPOWERMENT =



CLARITY OF
GOALS



AUTONOMY TO
PURSUE

MEASURE FOR FEEDBACK

HOW DO I WIN?

KPIs

MILESTONES

TARGETS

DELIVERABLES

KNOW YOUR POSITION

WHAT DO I DO?

PROCESSES STRUCTURE

SKILLS

RESPONSIBILITIES

SET YOUR AREA

WHAT DO I OWN?

AUTHORITY

DECISIONS

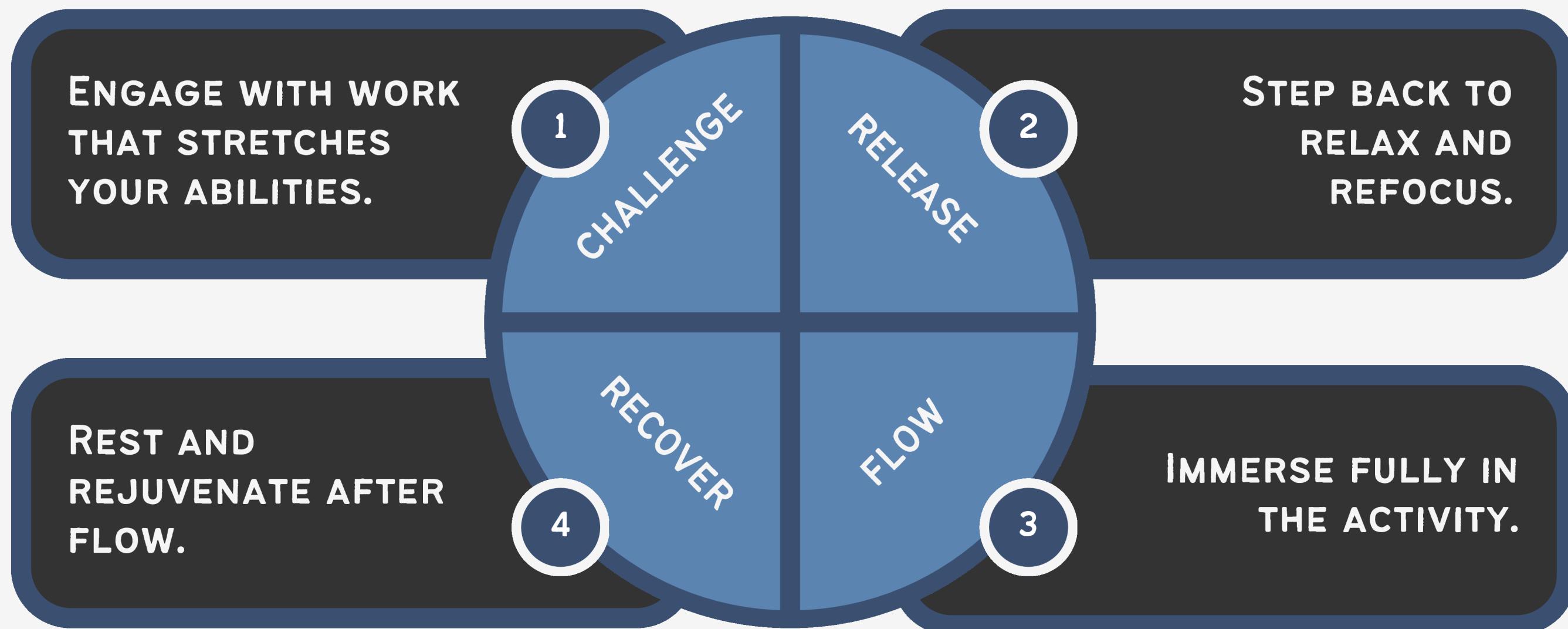
TOOLS

STANDARDS



GENERATIVE STORY

AIM TO GROW.





SPIRIT ENCOMPASSES OUR VALUES, VISION AND CURIOSITY.

THE CIRCLE SYMBOLIZES COMPLETENESS AND INFINITY, EMBODYING SPIRIT AND OUR CONNECTION TO SOMETHING GREATER. IT REFLECTS LIFE'S CYCLES—GROWTH, REFLECTION, ACTION, AND REST—WHILE DISTRIBUTING ENERGY EQUALLY, BALANCING US SPIRITUALLY ACROSS ALL AREAS OF LIFE.

FLOW STATES, WHEN ALIGNED WITH SPIRIT, TAP INTO THE INFINITE ENERGY THAT STEM FROM VALUES THAT GROUND US, VISION THAT DRIVES US, AND CURIOSITY THAT EXPANDS US.



WHEN IT COMES TO **VALUES**, THE CIRCLE REMINDS US THAT THESE CORE BELIEFS ARE THE FOUNDATION THAT CONTINUALLY GUIDE OUR DECISIONS, IN OUR STORIES, SPACES AND SELF.
VALUES FORM THE INNER CORE OF OUR SPIRITUAL COMPASS, KEEPING US CENTERED IN FLOW.



VISION EXTENDS OUTWARD FROM THE CENTER, MUCH LIKE THE EXPANDING EDGE OF A CIRCLE. VISION REPRESENTS OUR ABILITY TO DREAM, IMAGINE, AND CREATE GOALS THAT LEAD US INTO THE FUTURE.
IN FLOW, VISION IS WHAT PULLS US FORWARD, PROVIDING DIRECTION WHILE STAYING ROOTED IN OUR DEEPER VALUES.



CURIOSITY PUSHES US TO EXPLORE BEYOND KNOWN BOUNDARIES AND ENCOURAGES AN OPEN MINDSET THAT ALLOWS NEW EXPERIENCES AND INSIGHTS TO COME IN. THE CIRCLE'S CONTINUOUS FORM REPRESENTS HOW CURIOSITY KEEPS THE LOOP OF LEARNING AND GROWTH UNBROKEN.

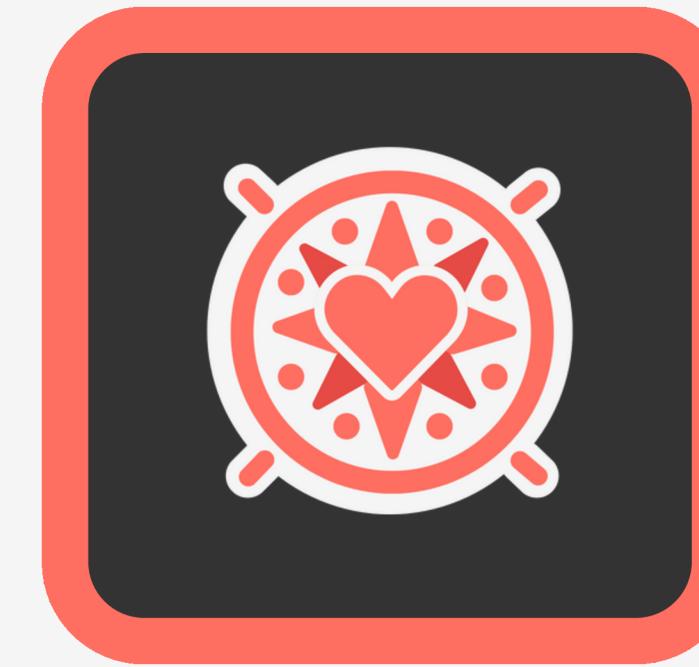


SPARKED CURIOSITY

FUEL WITH WONDER.



INSPIRES
MISSIONS



FOSTERS
ENGAGEMENT

WITH CURIOSITY, YOU GET FOCUS FOR FREE.



SPARKED CURIOSITY

FUEL WITH WONDER.



CURIOSITY EXERCISE

BRAINSTORM 25 CURIOSITIES

LIST 25 TOPICS YOU'D BE
INTERESTED IN READING
ABOUT IF YOU HAD TIME.

FIND THE LINKS

FIND INTERESTING PATTERNS
AND CONNECTIONS BETWEEN
2-3 ITEMS.



VISUALIZED VISION

IMAGINE, DEVELOP, ENHANCE CLARITY OF VISION.



VISUALIZATION OF VISION =
EMOTIONAL RESONANCE (FEEL IT)
CLARITY OF MIND (SEE IT)
EMBODIED VISION (BE IT)

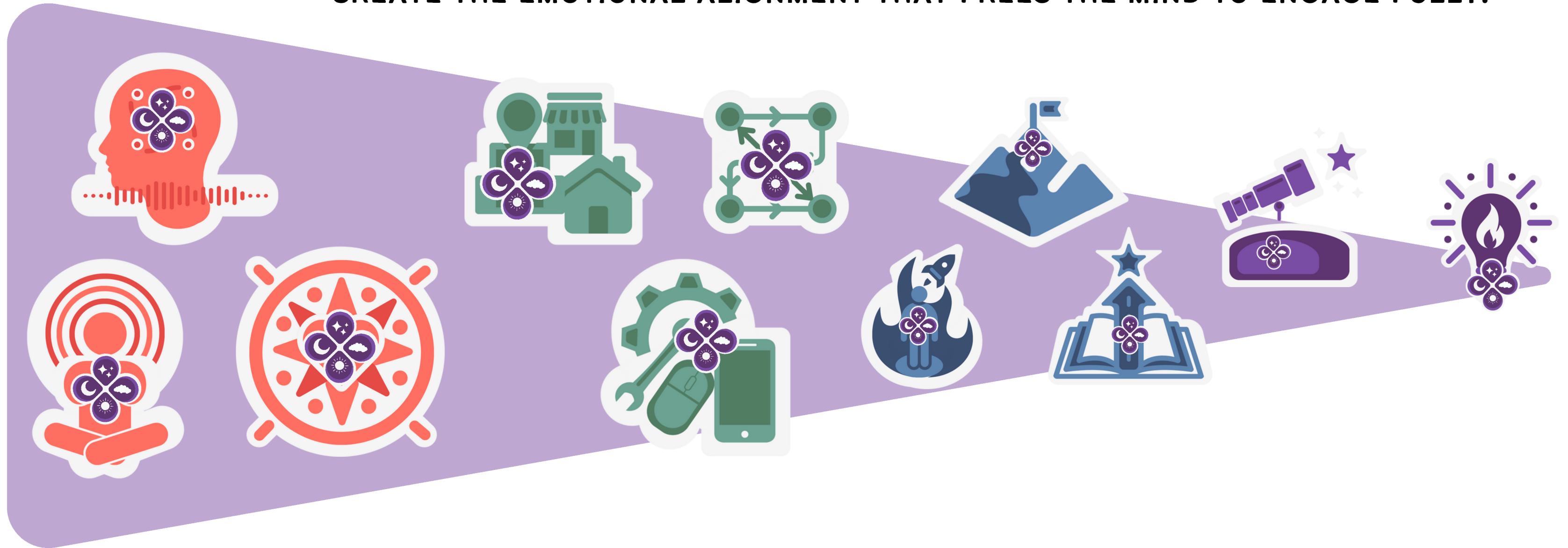
**VISION PROVIDES A
COMPELLING REASON TO FOCUS**

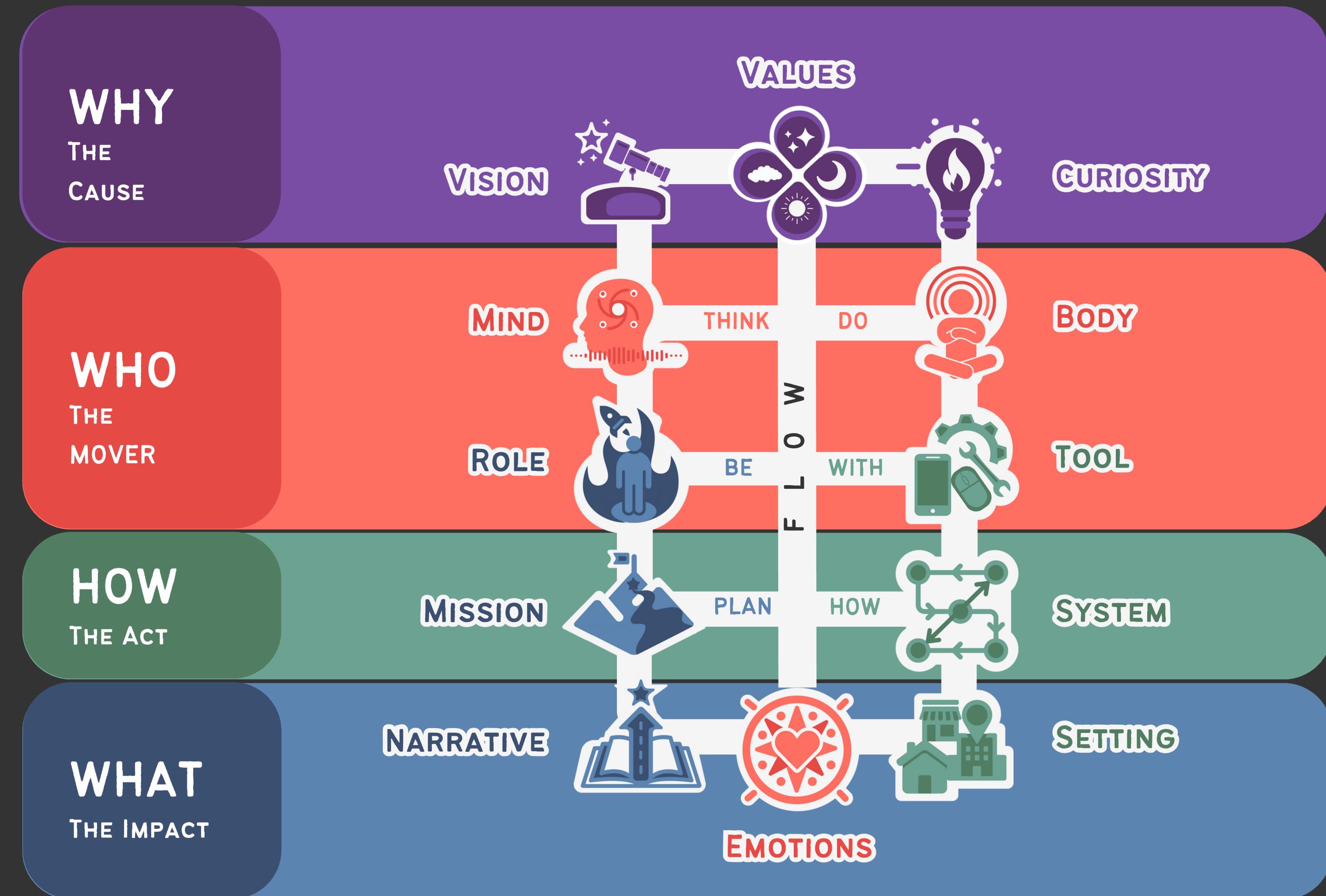


LIVED VALUES

INTEGRATE VALUES IN EVERYTHING YOU DO.

CREATE THE EMOTIONAL ALIGNMENT THAT FREES THE MIND TO ENGAGE FULLY.





AWAKEN

1

5:00 PRAY, BREATHE, VISUALIZE.

6:00 PLAY, PREPARE, CLEAN

7:00 MOVE, SUN, AIR

BUILD

2

5-MIN VISUALIZATION

8:00 FLOW TASK 1

9:00 FLOW TASK 2

10:00 FLOW TASK 3

1-MIN EMBODIMENT

GROW

3

11:00 FLOW TASK 4

12:00 FLOW TASK 5

13:00 FLOW TASK 6

RECHARGE

4

5-MIN VISUALIZATION

14:00 TRAIN, SWEAT, FEEL

15:00 CATCH-UP, PLAN, ORGANIZE

16:00 EAT, DRINK, LAUGH

1-MIN EMBODIMENT

CONNECT

5

17:00 RESET, REPLENISH, REPLAY

18:00 READ, LOVE, RELAX

19:00 IMPROVE, STRETCH, PLAN

INSPIRE

6

5-MIN VISUALIZATION

8:00 WRITE, CREATE, ENJOY

9:00 STRETCH, SILENCE, SETUP

10:00 PRAY, BREATHE, VISUALIZE

1-MIN EMBODIMENT

FLOW DAY

IT'S A FLOW DAY!!!





EMOTIONS

I FEEL...



BODY

I ACT...



MIND

I AM...

DEEP FLOW

VIBRANT

EFFORTLESSLY

LIMITLESS

STRONG FLOW

SATISFIED

FLUIDLY

EXPANSIVE

STEADY FLOW

ENGAGED

PURPOSEFULLY

OPEN

DISRUPTED FLOW

RESISTANT

SCATTERED

RIGID

BLOCKED FLOW

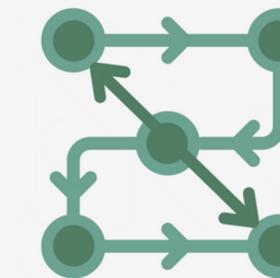
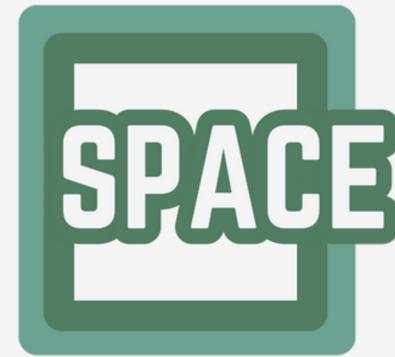
DISCONNECTED

STAGNANT

CLUTTERED



EXPAND ENERGY FLOW



SETTING

SYSTEMS

TOOLS

DEEP FLOW

INVITING

INTUITIVE

STREAMLINED

STRONG FLOW

ORGANIZED

RESPONSIVE

ADAPTIVE

STEADY FLOW

STRUCTURED

FUNCTIONAL

SUFFICIENT

DISRUPTED FLOW

CONSTRICTING

INEFFICIENT

DISTRACTING

BLOCKED FLOW

CHAOTIC

DISCONNECTED

CLUTTERED



EXPAND ENERGY FLOW



DIRECTION

PURPOSE

AUTONOMY

DEEP FLOW

ALIGNED

PURPOSEFUL

EMPOWERED

STRONG FLOW

ENGAGING

INSPIRING

TRUSTED

STEADY FLOW

NEUTRAL

PRACTICAL

STRUCTURED

DISRUPTED FLOW

CONFICTED

DISCONNECTED

DEPENDENT

BLOCKED FLOW

FRAGMENTED

UNCLEAR

CONTROLLED



EXPAND ENERGY FLOW



ALIGNMENT CLARITY

DRIVE

DEEP FLOW

FLOWING

VIVID

DRIVEN

STRONG FLOW

ALIGNED

FOCUSED

MOTIVATED

STEADY FLOW

BALANCED

CLEAR

ENGAGED

DISRUPTED FLOW

CONFLICTED

UNCLEAR

RELUCTANT

BLOCKED FLOW

DISCONNECTED

FOGGY

STAGNANT

EXPAND ENERGY FLOW