



## PLAY YOUR WAY INTO **FLOW** WORKBOOK

Have you ever experienced a state of complete immersion and focus, where time seems to fly by and you are completely absorbed in what you're doing? This is known as flow state, and it's a powerful state of mind that can lead to increased creativity, productivity, and happiness. One way to access flow state is through play. When we engage in playful activities, we often lose track of time and become fully absorbed in the moment. In this workbook, we will explore 10 exercises designed to help you use play to get into a flow state.

### ➤ **EXERCISE 1: FREE WRITING**

Set a timer for 10-15 minutes and write without stopping or editing. Don't worry about grammar, spelling, or punctuation. Just let the words flow. This exercise can help you get into a flow state by allowing you to focus on the act of writing without any distractions or interruptions.

### ➤ **EXERCISE 2: COLORING**

Find a coloring book or printable coloring pages and color for 20-30 minutes. Choose colors that make you feel happy or relaxed. This exercise can help you get into a flow state by allowing you to focus on the simple act of coloring and letting go of any other thoughts or distractions.

### ➤ EXERCISE 3: **PLAYING AN INSTRUMENT**

Pick up an instrument and play for 20–30 minutes. Don't worry about playing perfectly. Just focus on playing for the sake of playing. This exercise can help you get into a flow state by allowing you to focus on the music and letting go of any other thoughts or distractions.

### ➤ EXERCISE 4: **PLAYING A GAME**

Choose a game that you enjoy and play for 30–60 minutes. This can be a video game, board game, or any other game that you find engaging. This exercise can help you get into a flow state by allowing you to focus on the game and letting go of any other thoughts or distractions.

### ➤ EXERCISE 5: **DANCING**

Put on some music and dance for 15–20 minutes. Don't worry about looking silly. Just move your body to the music. This exercise can help you get into a flow state by allowing you to focus on the music and letting go of any other thoughts or distractions.

### ➤ EXERCISE 6: **BUILDING SOMETHING**

Choose a project that you've been wanting to work on and spend 30–60 minutes building it. This can be anything from a Lego set to a DIY project. This exercise can help you get into a flow state by allowing you to focus on the act of building and letting go of any other thoughts or distractions.

### ➤ EXERCISE 7: **DRAWING**

Grab a sketchpad and draw for 20–30 minutes. Don't worry about making a perfect drawing. Just focus on the act of drawing and letting your creativity flow. This exercise can help you get into a flow state by allowing you to focus on the act of drawing and letting go of any other thoughts or distractions.

### ➤ EXERCISE 8: PHOTOGRAPHY

Grab a camera or your smartphone and go for a walk, taking pictures of anything that catches your eye. Spend 30-60 minutes taking pictures and focusing on the act of photography. This exercise can help you get into a flow state by allowing you to focus on the act of photography and letting go of any other thoughts or distractions.

### ➤ EXERCISE 9: GROUP GAME

Play a group game with one or more people for at least 20. It could be a board game, a sport, an escape room, or a game you used to play as a kid. Focus on being present with the other people and feel the joy of being in flow with the other people around you.

### ➤ EXERCISE 10: PUZZLE SOLVING

Choose a puzzle that you enjoy and spend 30-60 minutes working on it. This can be a jigsaw puzzle, crossword puzzle, or any other puzzle that you find engaging. This exercise can help you get into a flow state by allowing you to focus on the puzzle and letting go of any other thoughts or distractions.

### CONCLUSION:

Using play to get into a flow state can be a powerful tool for increasing creativity, productivity, and happiness. These 10 exercises are just a starting point. You can use these exercises as inspiration to find other playful activities that help you get into a flow state. The key is to find activities that you enjoy and that allow you to focus on the present moment. By incorporating play into your daily