38. People can be in a Flow State

I’m a big fan of the flow state. Understanding how to enter it can lead to productive days where time flies by. Here are some activities that I do to enter a flow state:

Running

Video Games

Talking with friends/families on deep subject matter

Learning a complex topic that I can break down into smaller chunks

Working toward a singular goal

Out of all these activities, running is the most helpful. I used to have a job where I could workout three days a week. On those days, usually “3-mile Thursdays” or “2-mile Tuesdays), I would enter the flow state effortlessly. It became so addicting that I would include weightlifting and other activities. I would come into work refreshed and ready. From personal experience, the flow state left after the workout, but my mood and health increased dramatically throughout the day. The text mentions game designer as someone who wants the user to enter a flow state. While I agree, entering a flow state while gaming isn’t as effective as doing physical activity. When I enter a flow state playing a game, I’m not hungry (or disregard it) and don’t feel refreshed. I agree with the text that flow state keeps you happy, but it isn’t always beneficial.

41. People Filter Information

Here is a visual example of filtering information:

**THE** handsome **DOG** came over to me and said, “I’m late for my barking appointment”. I then **LEFT** **TO** **RING** the nearest psychologist. She told me, “If your dog is talking, you should get a cat,” and hung up the phone. That’s when I realized **HELP** is hard to find.

Despite the crazy story above, your brain probably filtered the capitalized, bold words. We are taught to pay attention to things that disrupt the pattern. Particularly with words, if something is capitalized or bolded, it gives some significant meaning.