



# Internal Flow Triggers and Complete Concentration

## Key Takeaways

- ① 22 Flow Triggers: The High Performance Tool Kit
- ② Internal Triggers
- ③ The How of Autonomy
- ④ The Mechanics of Complete Concentration

## Quote:

“ To be distracted against one's will is the surest sign that one is not in control. ”

— Mihaly  
Csikszentmihalyi

## Diagnostic

N/A

## Exercises

1. Locus of Control Assessment

2. The Distraction Checklist

See next page for details

## Exercise

### Locus of Control Assessment

Every question has two parts. **a** and **b**. Note the number and letter you most agree with for each question.

Is this your **1st**, **2nd**, or **3rd** time taking this assessment?   Reset

- |  |   |                          |  |   |                          |
|--|---|--------------------------|--|---|--------------------------|
| <br><b>1a</b>   | Many of the unhappy things in people's lives are partly due to bad luck.                          | <input type="checkbox"/> | <br><b>1b</b>   | People's misfortunes often result from the mistakes they make.                                  | <input type="checkbox"/> |
| <br><b>2a</b>  | In the long run, people get the respect they earn in this world.                                  | <input type="checkbox"/> | <br><b>2b</b>  | Unfortunately, an individual's worth often passes unrecognized no matter how hard they try.     | <input type="checkbox"/> |
| <br><b>3a</b> | If I prepare well for my test, there is rarely, if ever, an unfair test.                          | <input type="checkbox"/> | <br><b>3b</b> | Exam questions tend to be unrelated to course work so studying is often useless.                | <input type="checkbox"/> |
| <br><b>4a</b> | Becoming a successful student is a matter of hard work; luck has little or nothing to do with it. | <input type="checkbox"/> | <br><b>4b</b> | Being successful mainly depends on being at the right place at the right time.                  | <input type="checkbox"/> |
| <br><b>5a</b> | When I make plans, I am almost certain that I can make them work.                                 | <input type="checkbox"/> | <br><b>5b</b> | It is not always wise to plan too far ahead because it can be random if things work out or not. | <input type="checkbox"/> |
| <br><b>6a</b> | What happens in my life is my own doing.  | <input type="checkbox"/> | <br><b>6b</b> | Sometimes I feel that I don't have enough control over the direction my life is taking.         | <input type="checkbox"/> |

## Exercise

### Locus of Control Assessment

**Every question has two parts. a and b. Note the number and letter you most agree with for each question.**



I believe more in the power of destiny or fate.



I believe more in the power of my hard work.



No matter what I do, I am bound to fail at the classes that are too challenging for me.



If I work hard enough and have the right skills, I can be successful, even in my most difficult courses.



When I get a bad grade, I am likely to think about how to study or prepare differently next time.



When I get a bad grade on an exam, I am likely to think the questions were unfair, too hard, or asking about material not covered in class.



Things in life happen to me, often outside of my control.



Things in my life happen as a result of my own choices.



When bad things happen in my life, I think of ways I can change my behavior to avoid a similar situation.



When bad things happen, I recognize that sometimes there is nothing I can do to avoid it.



I have one way to approach challenges and if it doesn't work, I am likely to move onto something else; some things just aren't meant to be.



When I am faced with a challenge, I am likely to work at it until I find a solution.

## Exercise

### Locus of Control Assessment

#### Step 2

Score your answers using the following scale

#### Result Calculator

Add **1 point** if the following were chosen:

1.a., 2.b., 3.b., 4.b., 5.b., 6.a., 7.a., 8.a., 9.b., 10.a., 11.b., 12.a.

Internal  
Locus of  
Control



0                    3                    6                    9                    12

Take this assessment at the beginning, middle, and end of your coaching program or agreement.

1st Assessment	
Q. 1	<input type="checkbox"/>
Q. 2	<input type="checkbox"/>
Q. 3	<input type="checkbox"/>
Q. 4	<input type="checkbox"/>
Q. 5	<input type="checkbox"/>
Q. 6	<input type="checkbox"/>
Q. 7	<input type="checkbox"/>
Q. 8	<input type="checkbox"/>
Q. 9	<input type="checkbox"/>
Q. 10	<input type="checkbox"/>
Q. 11	<input type="checkbox"/>
Q. 12	<input type="checkbox"/>

Your Score:

Reset 1st Assessment

2nd Assessment	
Q. 1	<input type="checkbox"/>
Q. 2	<input type="checkbox"/>
Q. 3	<input type="checkbox"/>
Q. 4	<input type="checkbox"/>
Q. 5	<input type="checkbox"/>
Q. 6	<input type="checkbox"/>
Q. 7	<input type="checkbox"/>
Q. 8	<input type="checkbox"/>
Q. 9	<input type="checkbox"/>
Q. 10	<input type="checkbox"/>
Q. 11	<input type="checkbox"/>
Q. 12	<input type="checkbox"/>

Your Score:

Reset 2nd Assessment

3d Assessment	
Q. 1	<input type="checkbox"/>
Q. 2	<input type="checkbox"/>
Q. 3	<input type="checkbox"/>
Q. 4	<input type="checkbox"/>
Q. 5	<input type="checkbox"/>
Q. 6	<input type="checkbox"/>
Q. 7	<input type="checkbox"/>
Q. 8	<input type="checkbox"/>
Q. 9	<input type="checkbox"/>
Q. 10	<input type="checkbox"/>
Q. 11	<input type="checkbox"/>
Q. 12	<input type="checkbox"/>

Your Score:

Reset 3rd Assessment

## Exercise

### The Distraction Checklist



What are my top five  
distractions?

What steps can I take to  
minimize each of them?

When should I take  
those steps?

1

2

3

4

5

## Notes

## ↗ Lesson Resources

1. [EEG marker for mental fatigue](#)

By O.Geoffrey Okogbaa

3. [Employee burnout: the biggest myth](#)

By Ben Wigert

5. [Work can be stressful, dangerous and sometimes great](#)

By April Fulton

6. [How CEOs manage time](#)

By Michael E. Porter and Nitin Nohria

7. [The science and fiction of meetings](#)

By Steven G. Rogelberg, Cliff Scott and John Kello

8. [How to stop wasting 2.5 hours on email every day](#)

By Annabel Acton

10. [The U.S. is the Most Overworked Developed Nation in the World](#)

By G.E. Miller

11. [American time use survey- 2019 results](#)

By U.S. Bureau of Labor Statistics

12. [Time Management Facts and Figures](#)

By Jeff Nagle

13. [The State of Work Life Balance in 2019: What we learned from studying 185 million hours of working time](#)

By Jory MacKay

14. [Stress Research](#)

By American Psychological Association

15. [The Anatomy of Work Index](#)

By Asana