

Assembling Your Temple of Flow



Key Takeaways

- Flow Optimizing Your Workspace
- 2 Dialing in Our Workspace Has Real Neurobiological Consequences for Flow
- 3 The Flow Optimized Workplace Checklist
- Gating Your Attention

Quote:

- What separates two people most profoundly is a different sense and degree of cleanliness.
 - Friedrich Nietzsche

Diagnostic N/A

Exercise

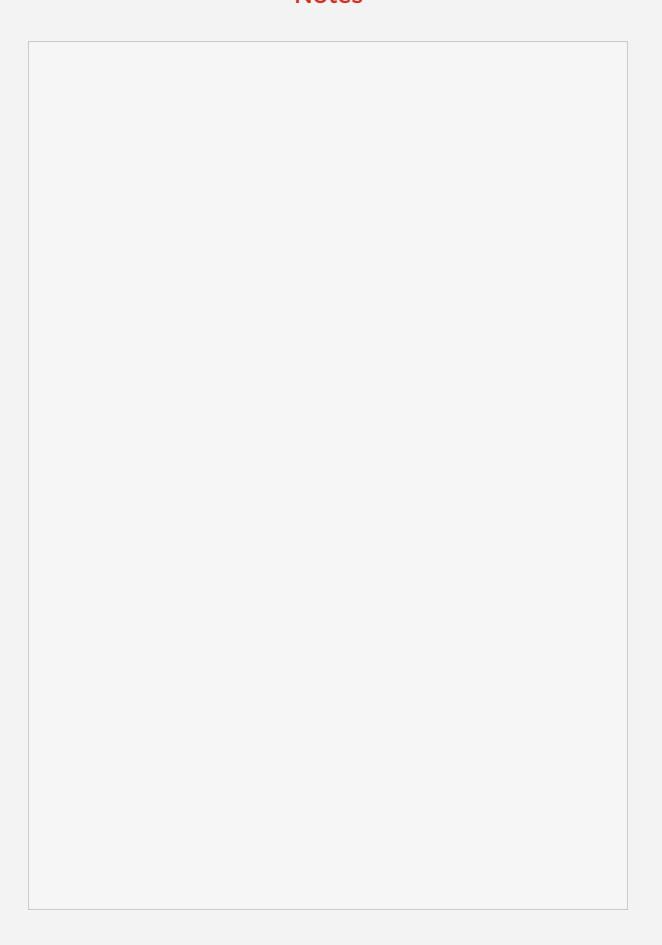
Environmental Optimization

See next page for details

Exercise

Environmental Optimization 1. Flow Optimize Your Workspace & Attach A Photo Within 24 Hours! 2. If you work in an open office plan or suboptimal work environment, make structural changes to that with your employer or self, within a week. Rent a better co-working space, get set up at home, do whatever you have to do. This is a critical priority.

Notes



- The Organized Mind By Daniel Levitin
- Voluntary Simplicity By Duane Elgin
- 3. The Case for Finally Cleaning Your Desk, *HBR* By Libby Sander
- Unclutter Your Life in One Week By Erin Doland