



Bedtime Flow and Wake up Flow

Key Takeaways

- 1 Morning Flow
- 2 Afternoon Flow
- 3 Evening Flow
- 4 The Underlying Principles

Quote:

“ Ample evidence has shown that adults perform best on this sort of thinking during the mornings. When we wake up, our body temperature slowly rises. That rising temperature gradually boosts our energy level and alertness—and that, in turn, enhances our executive functioning, our ability to concentrate, and our powers of deduction. For most of us, those sharp-minded analytic capacities peak in the late morning or around noon.”

— *Daniel Pink*

Diagnostic
N/A

Exercise

Map Out Your Power Hour

See next page for details

Exercise

Three Morning Routine Varieties To Experiment With

	The Sleep To Flow	The Nervous System Primer	The End of Day Sprint
Chronotype	Lark	Third Bird	Night Owl
Wake up time	5AM	7:30AM	9AM
Routine	<ul style="list-style-type: none"> • Working on high leverage task within 60 seconds of waking • 3 hours work block w/ breaks • Phone check • Power Hour Reboot <ul style="list-style-type: none"> ○ Exercise ○ Mindfulness ○ Gratitude ○ Fuel ○ Shower • Next work block 	<ul style="list-style-type: none"> • Power Hour Upon Waking <ul style="list-style-type: none"> ○ Exercise ○ Mindfulness ○ Gratitude ○ Fuel ○ Shower • Work block • Phone check • Mini recovery • Next work block 	<ul style="list-style-type: none"> • Power Hour Upon Waking <ul style="list-style-type: none"> ○ Mindfulness ○ Gratitude ○ Fuel ○ Shower • Shallow work block • Exercise/nervous system reset & distraction management in afternoon • Flow Block 5PM+
Pros	<ul style="list-style-type: none"> • Blocks distraction • Day of work done by 9AM 	<ul style="list-style-type: none"> • Prioritizes nervous system reset • Great for stressful, reactive periods 	<ul style="list-style-type: none"> • Good for night owl's • Good if matches children's schedule • Good if you need to unblock team
Cons	<ul style="list-style-type: none"> • Power hour at risk • Requires space • Unproductive if stressed 	<ul style="list-style-type: none"> • Deep work can be harder later 	<ul style="list-style-type: none"> • Risk of evening deep work dissipating • Risk of sleep being compressed

Exercise

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Exercise

Map Out Your Power Hour

1. Map it all, in detail, hour by hour.
2. Paste below for feedback.

Notes

Lesson Resources

1. *When,*
By Daniel Pink
2. Circadian Rhythms in Attention,
By Valdez, P., 2019
3. Master Your Sleep & Be More Alert When Awake | Huberman Lab Podcast #2
3. No interference of task complexity with circadian rhythmicity in a constant routine protocol,
By Van Eekelen, A., Kerkhof, G., 2003
4. Circadian rhythms in cognitive performance: methodological constraints, protocols, theoretical underpinnings,
By Blatter K., Cajochen C., 2006
5. Tweak Your Calendar as Needed So Long as You're Meeting the Following Thresholds:
 1. 3+ hours of protected time for flow (ideally 6+)
 2. No incoming stimuli whatsoever
 3. PP Basics—mindfulness, gratitude, fuel, exercise, hydration
 4. Leveraging Flow Cycle To Push Through Struggle
 5. Leveraging Flow Triggers—Clear Goals, C/S Balance, Feedback etc
 6. Surfing Your Energy Rhythms With Breaks
 7. Batching Busy Work
 8. Completing Task Sequentially
 9. Avoiding Reactivity
 10. Protecting Attention Ferociously
 11. Staying Embodied
 12. Deploying Power Down Ritual
 13. Recovering Effectively
 14. Meeting Social Needs
 15. Winding Down Pre-Sleep