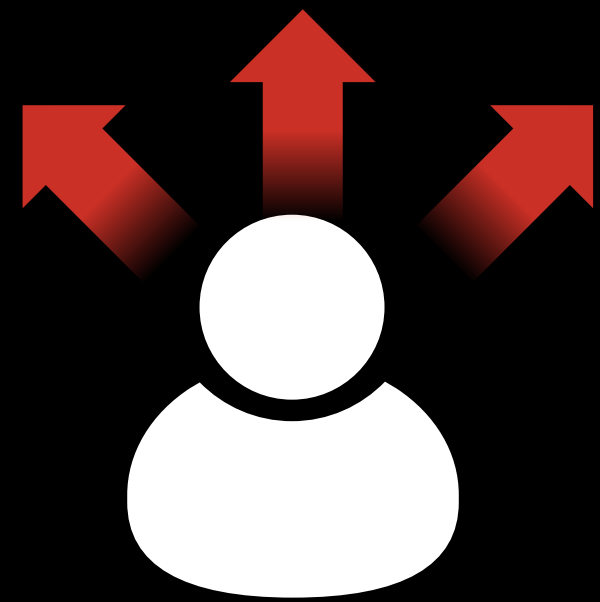


Leveraging VUCA and Creating Flow Triggers

Today's Gameplan

- 1 The CS Ratio and External Triggers
- 2 Creating Flow Triggers

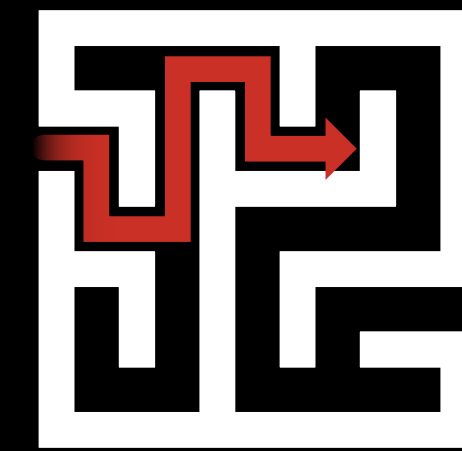
The External Triggers



High Consequences



Novelty

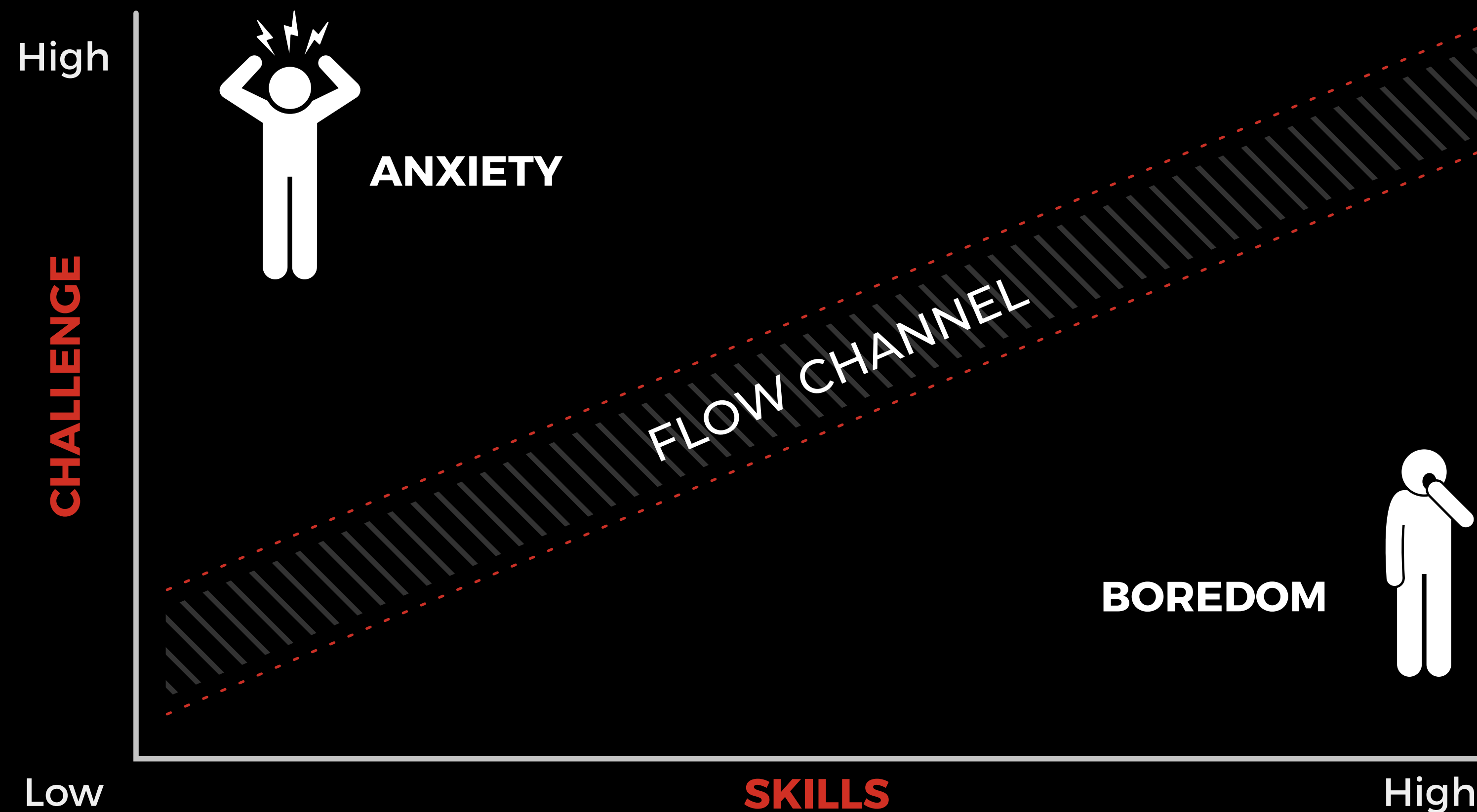


Complexity



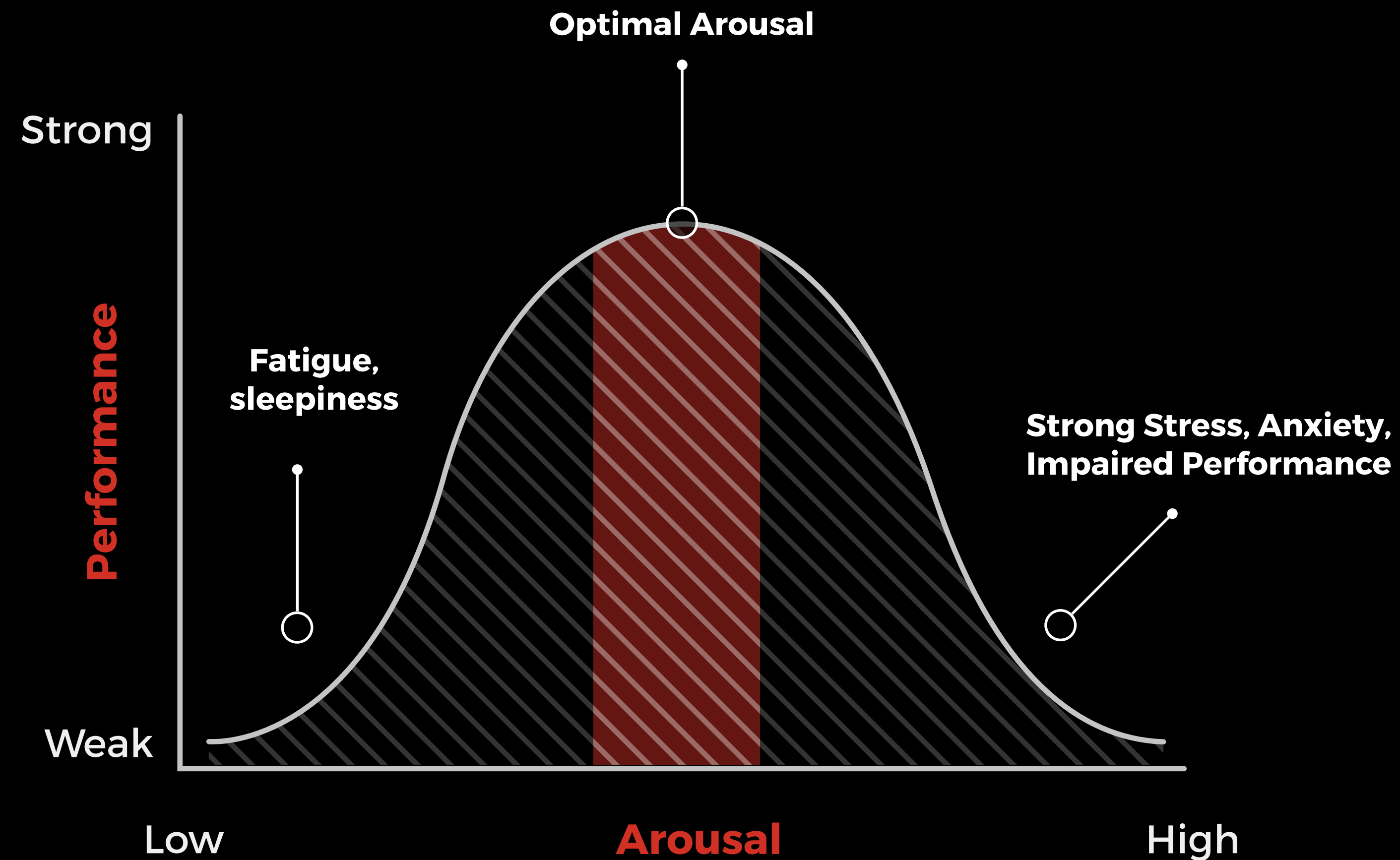
Unpredictability

The Challenge Skills Balance Mediates the External Triggers

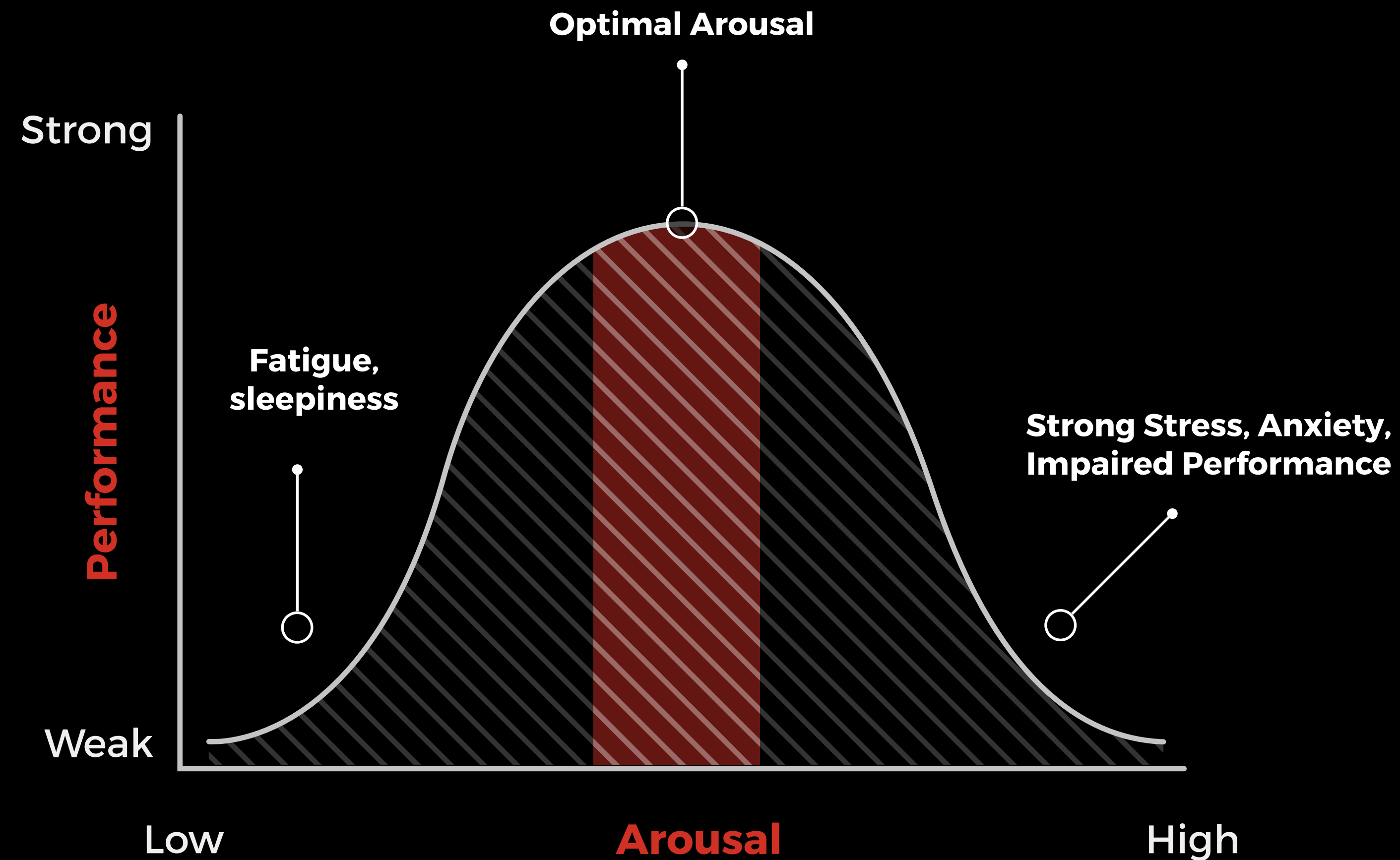


FLOW: Mihaly Csikszentmihalyi, *Flow* (1990), p.74

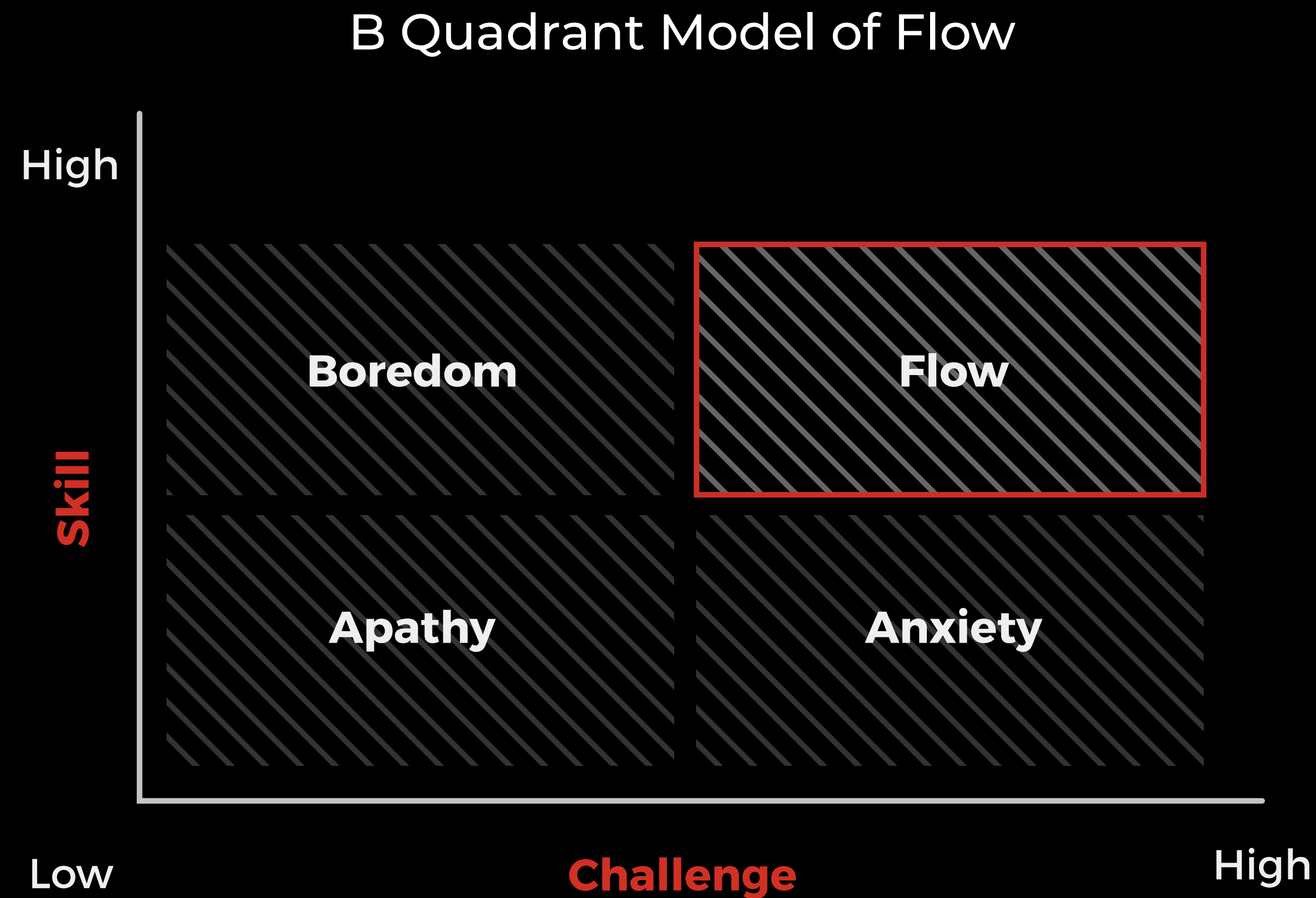
We're Seeking Optimal Arousal Across Our Life



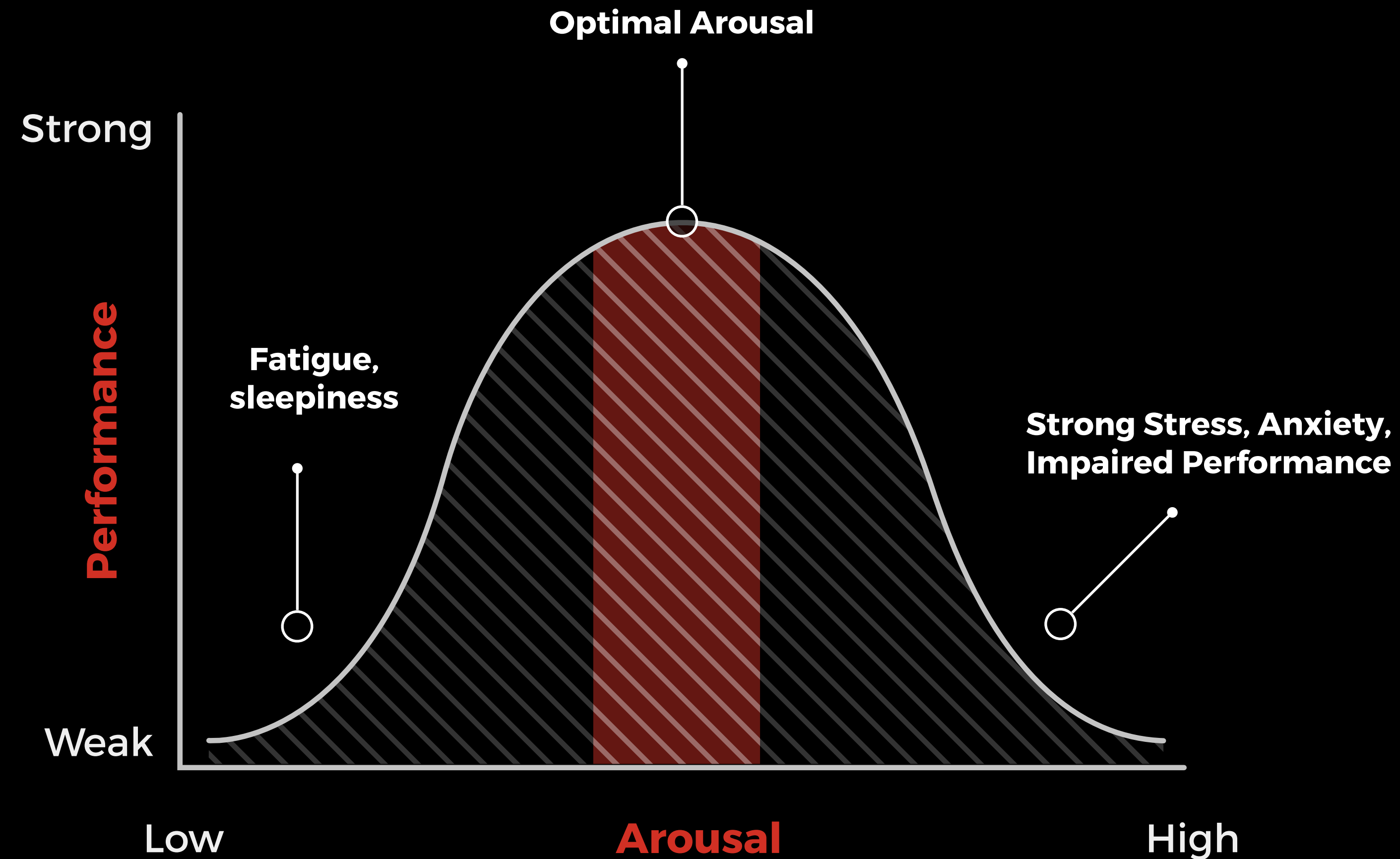
The External Triggers Influence This Arousal



The External Triggers Use Arousal to Move Us out of Apathy to Flow

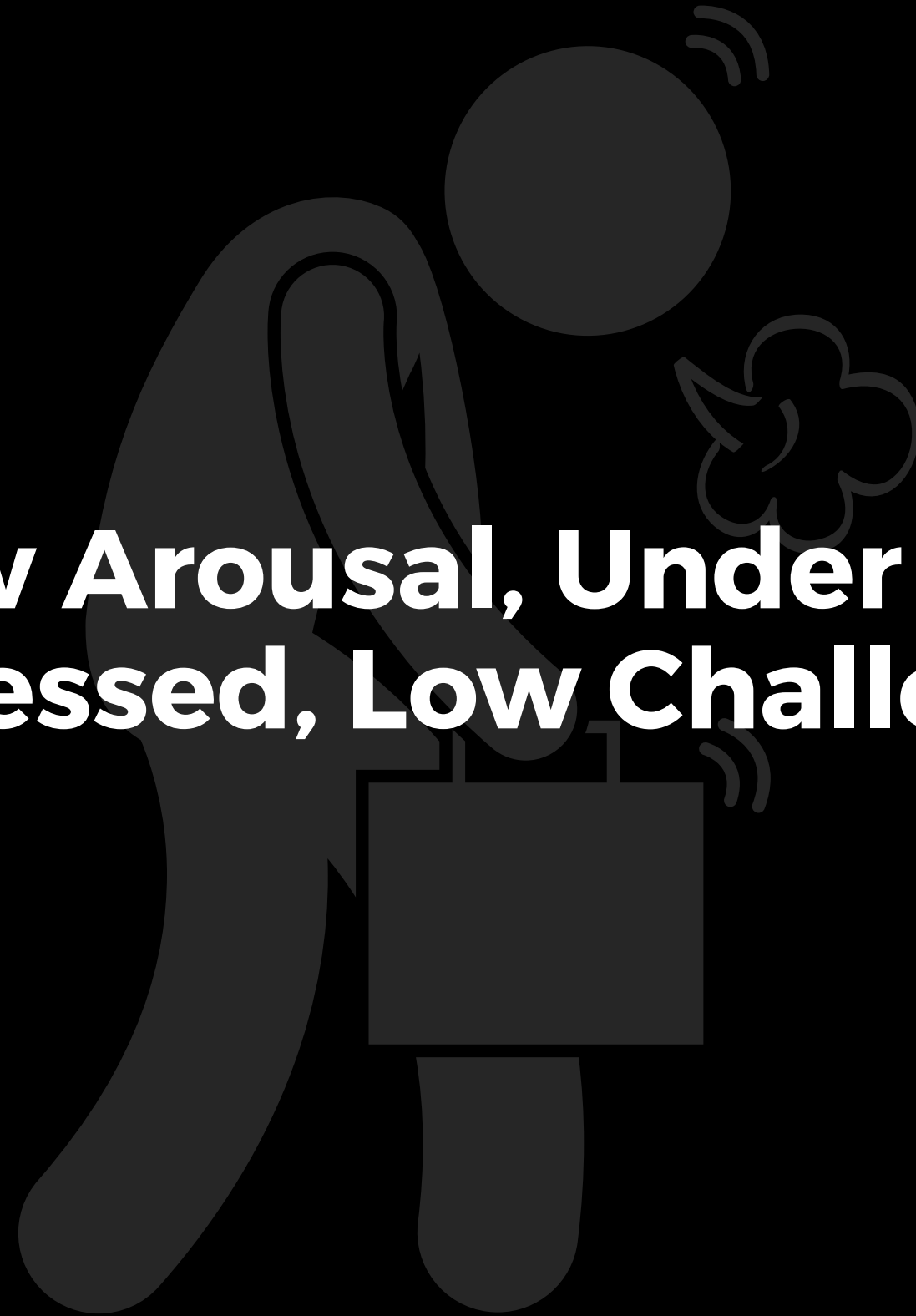


If We Already Have High Stress, Arousal, This Is a Bad Thing




When to Embed The External Triggers

**Low Arousal, Under
Stressed, Low Challenge:**



- 1 You're demotivated and underwhelmed with life**
- 2 You're facing a high degree of monotony and mundane**
- 3 You lack inspiration and creativity**
- 4 You're lethargic and lack initiative**

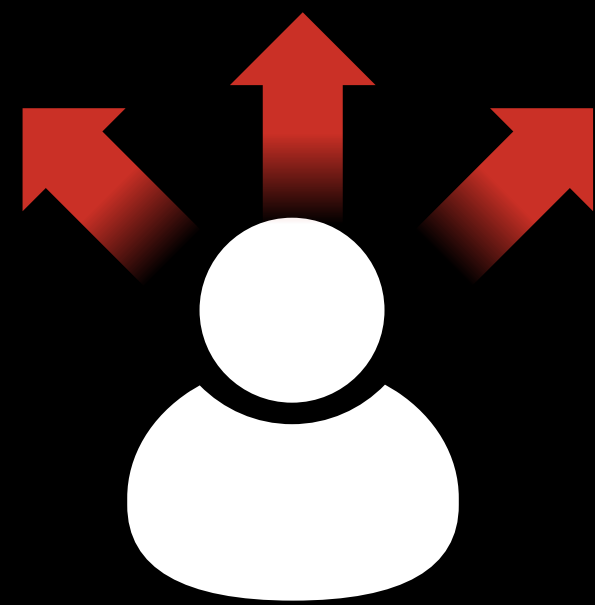
When Not to Embed The External Triggers



**High Arousal, Over
Stressed, High Challenge:**

- 1 You are overwhelmed and stressed**
- 2 You're facing a high degree of uncertainty, complexity and risk**
- 3 You lack space, time and serenity**
- 4 You're in overdrive**

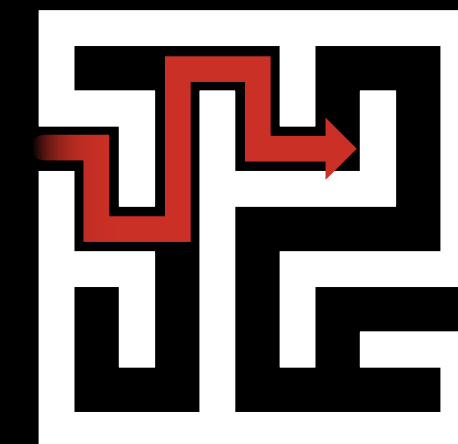
How to Embed the External Triggers



High Consequences



Novelty

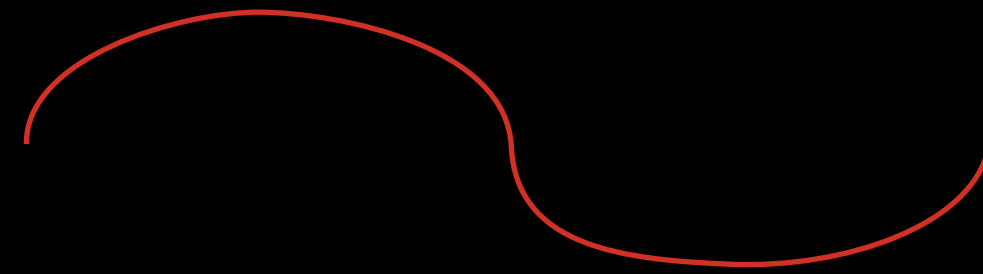


Complexity

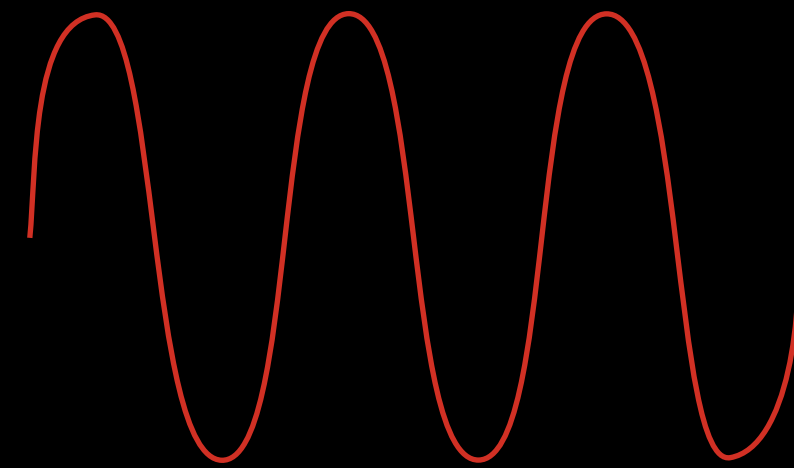


Unpredictability

VUCA Overwhelms People Because Overall Arousal is Managed



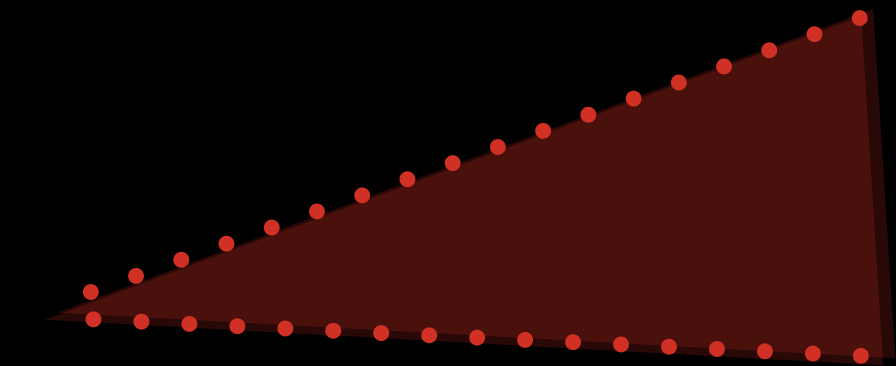
Low Volatility



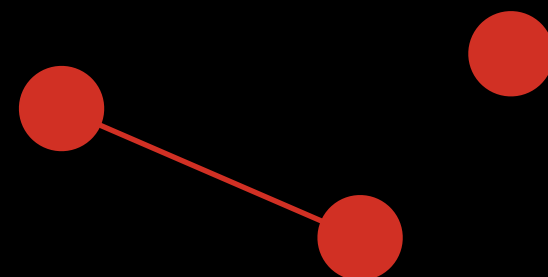
High Volatility



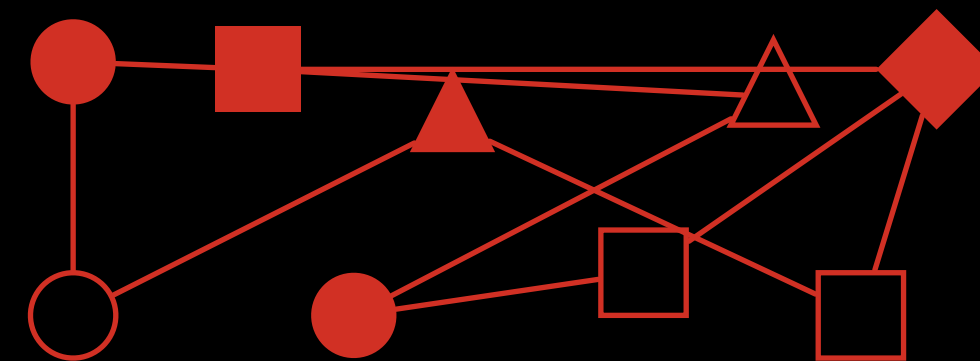
Low Uncertainty



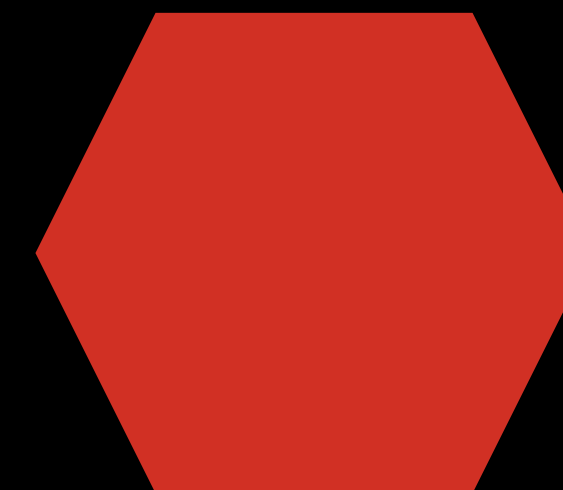
High Uncertainty



Low Complexity



High Complexity



Low Ambiguity



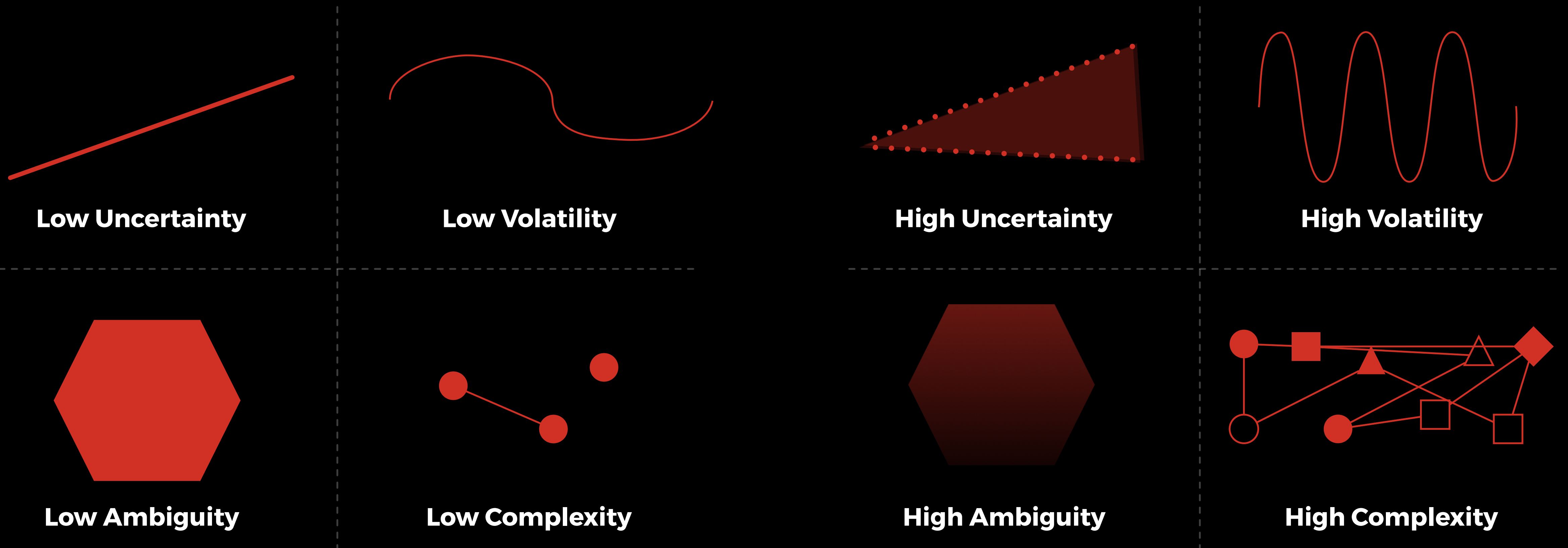
High Ambiguity

The VUCA SeeSaw for Optimal Arousal

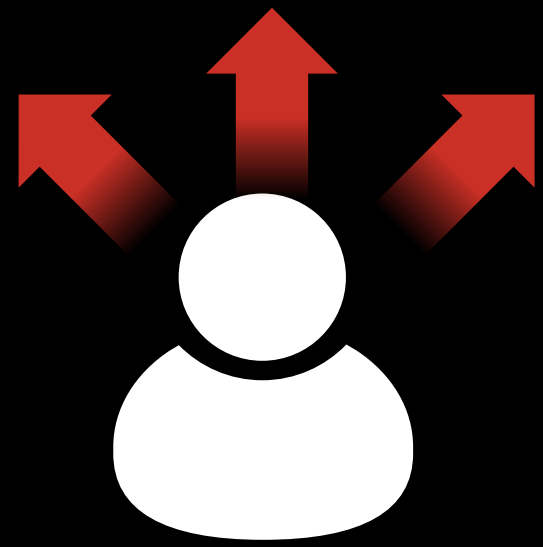
Low Personal VUCA, High Professional VUCA → Optimal Arousal → Flow

Personal Life & Routine

Professional Life



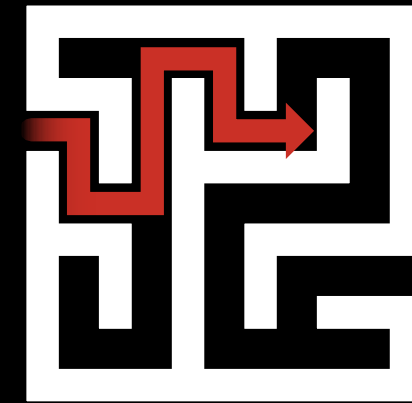
Entrepreneurship as External Trigger Rich



High Consequences



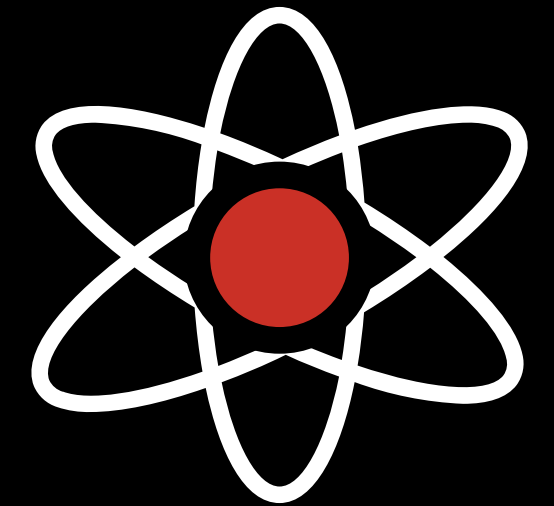
Novelty



Complexity

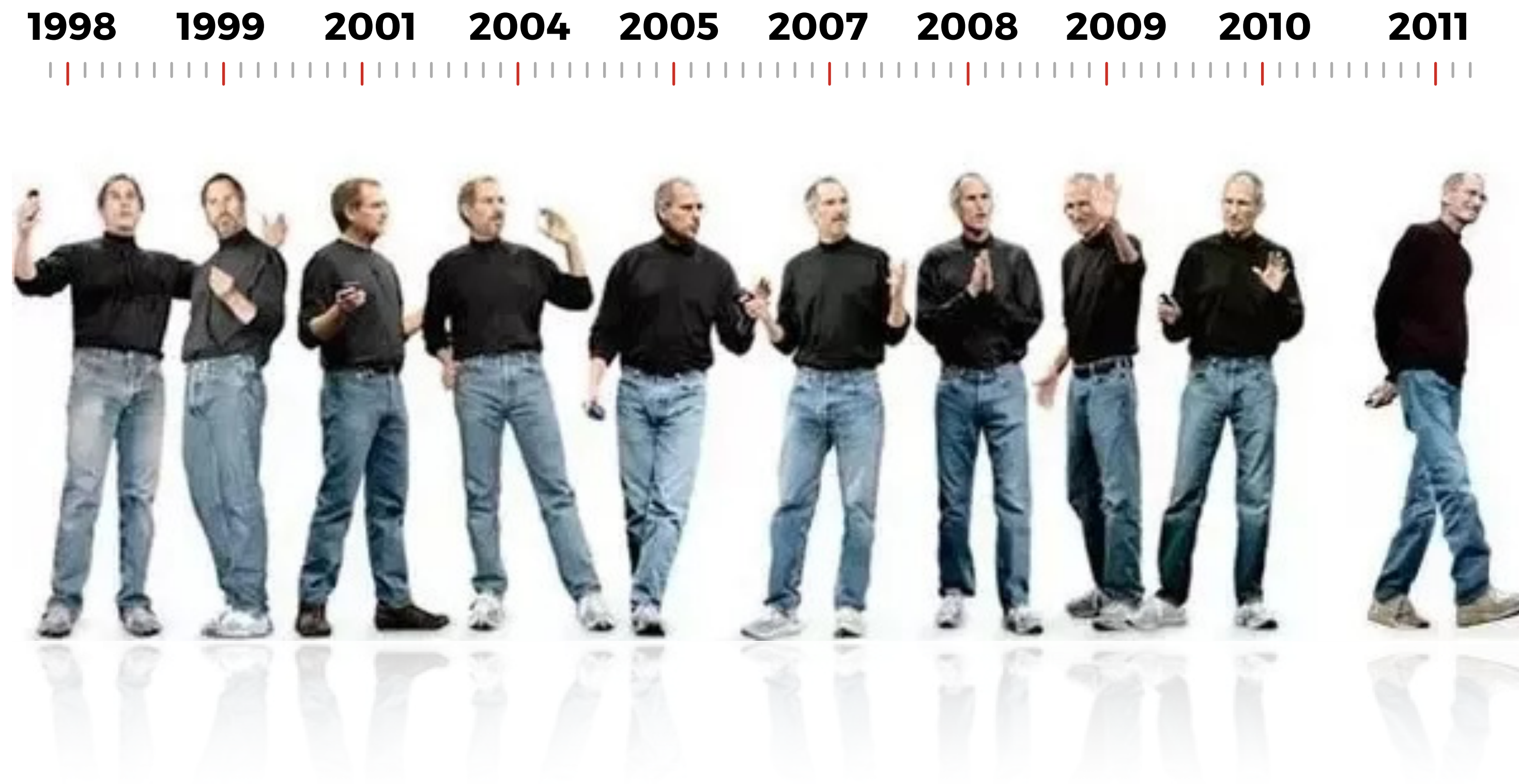


Unpredictability

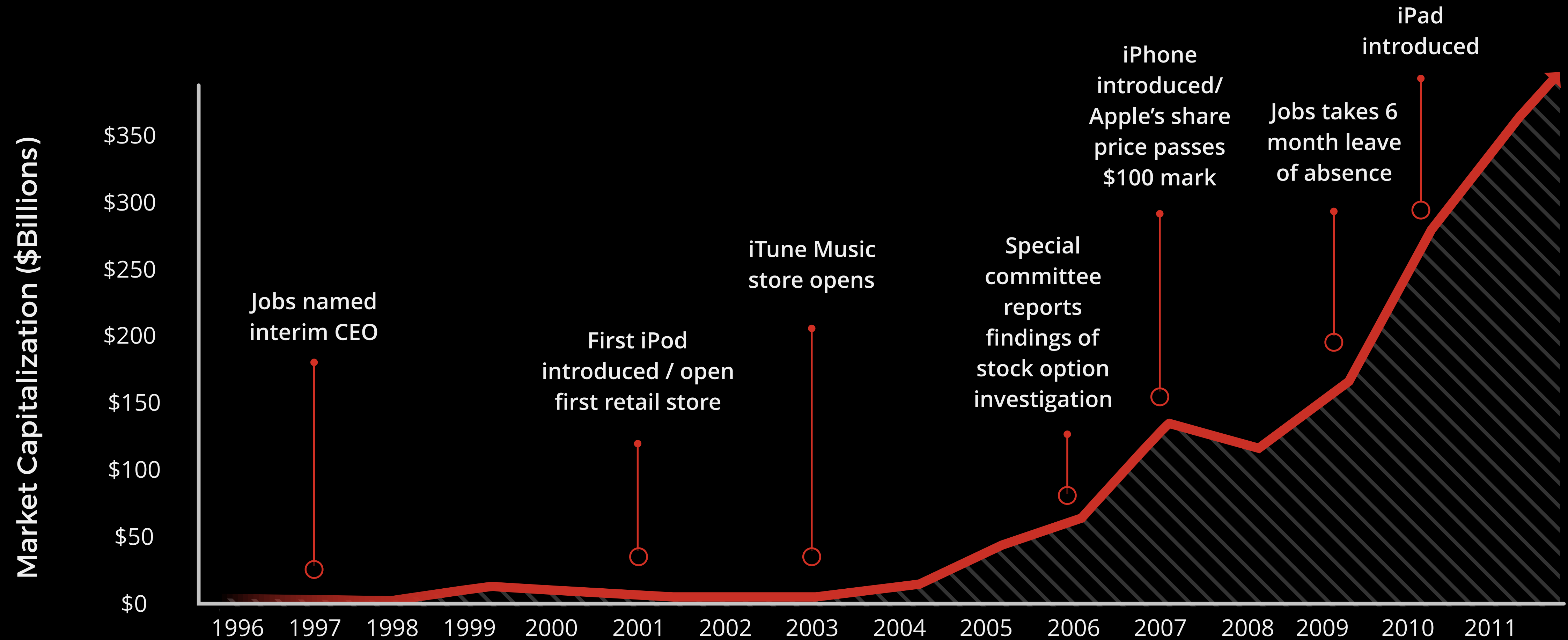


Deep Embodiment

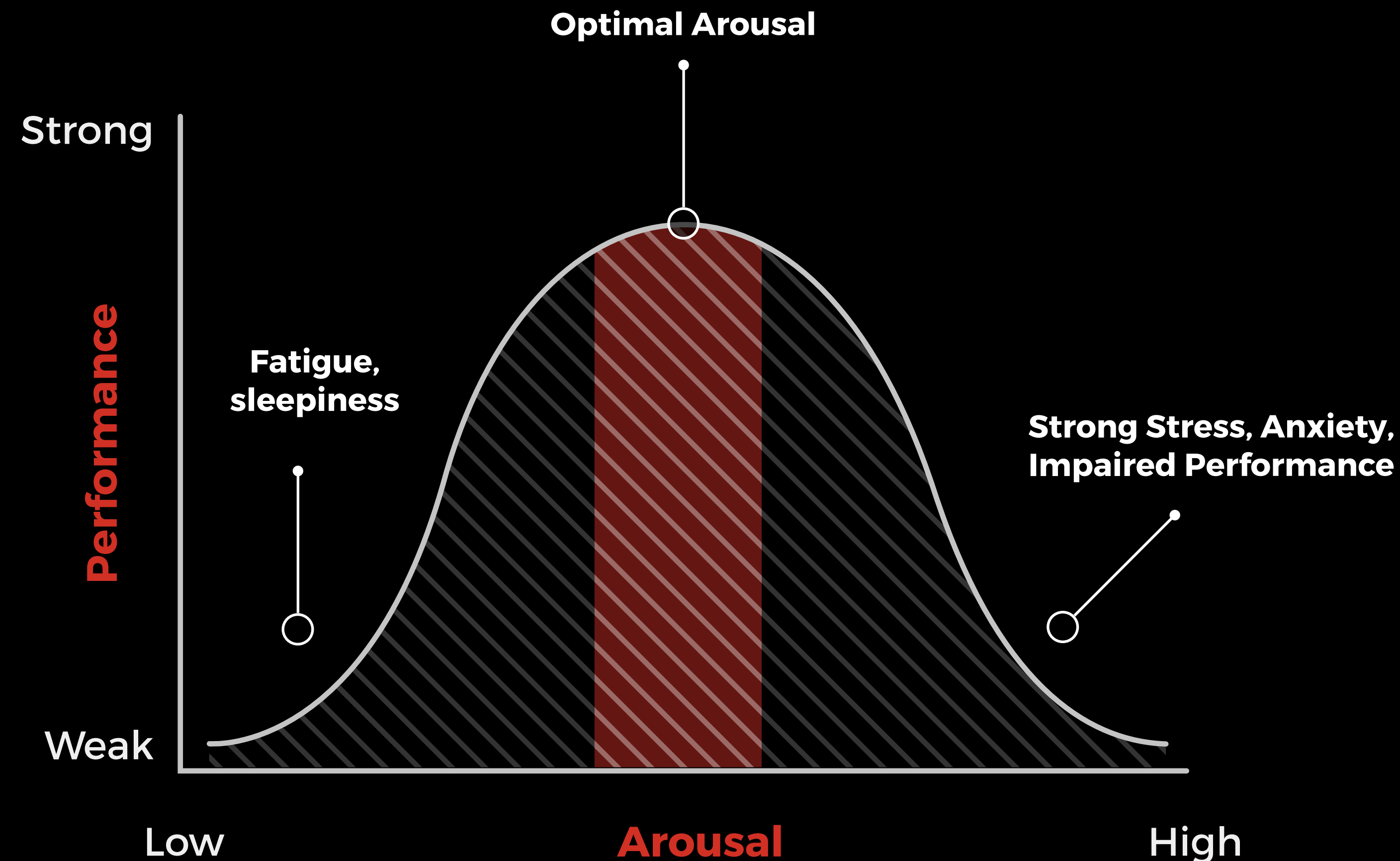
What Steve Jobs Wore From 1998 to 2011 (Low VUCA)



What Steve Jobs Did From 1998 to 2011 (High VUCA)



Compartmentalize Your VUCA to Achieve Optimal Arousal and Flow Long Term



Today's Gameplan

- 1 The CS Ratio and External Triggers
- 2 Creating Flow Triggers

The Art of Creating Your Own Flow Triggers

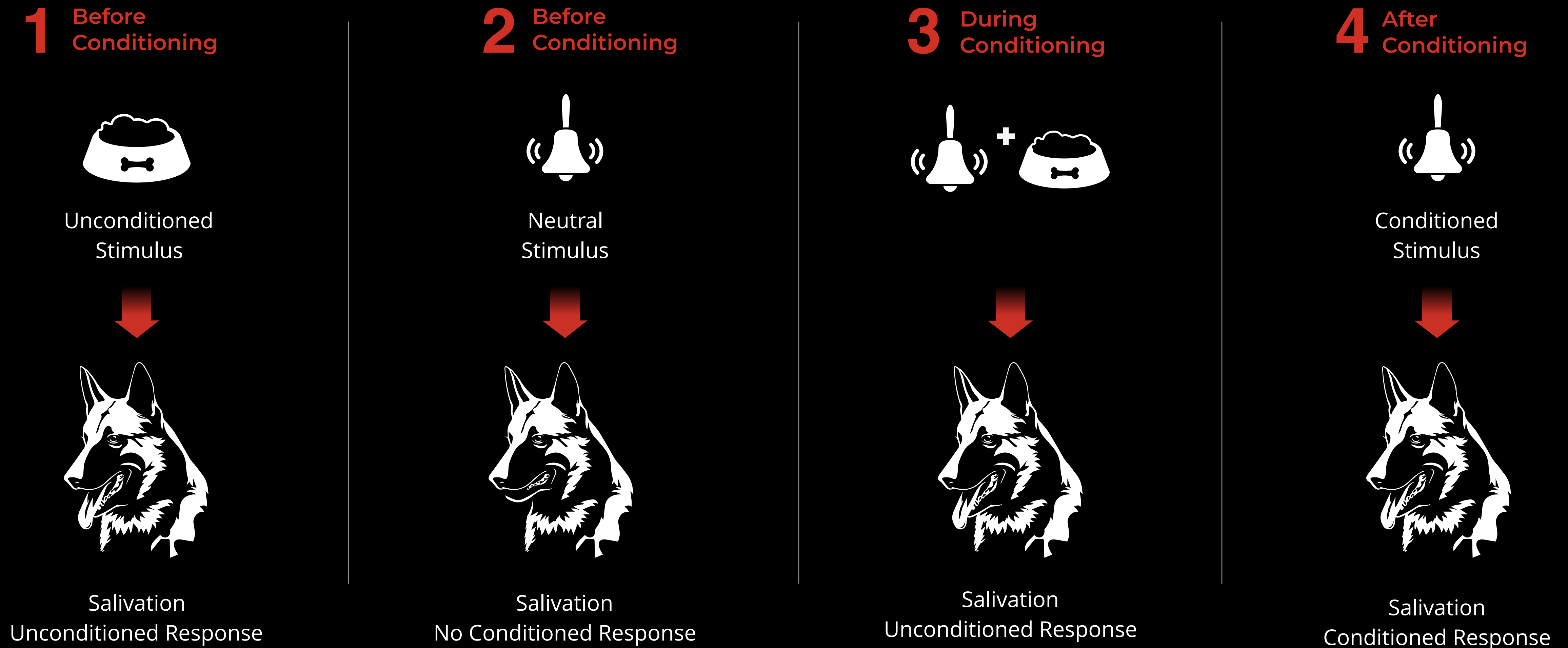


**Conditioning
New Flow Triggers**

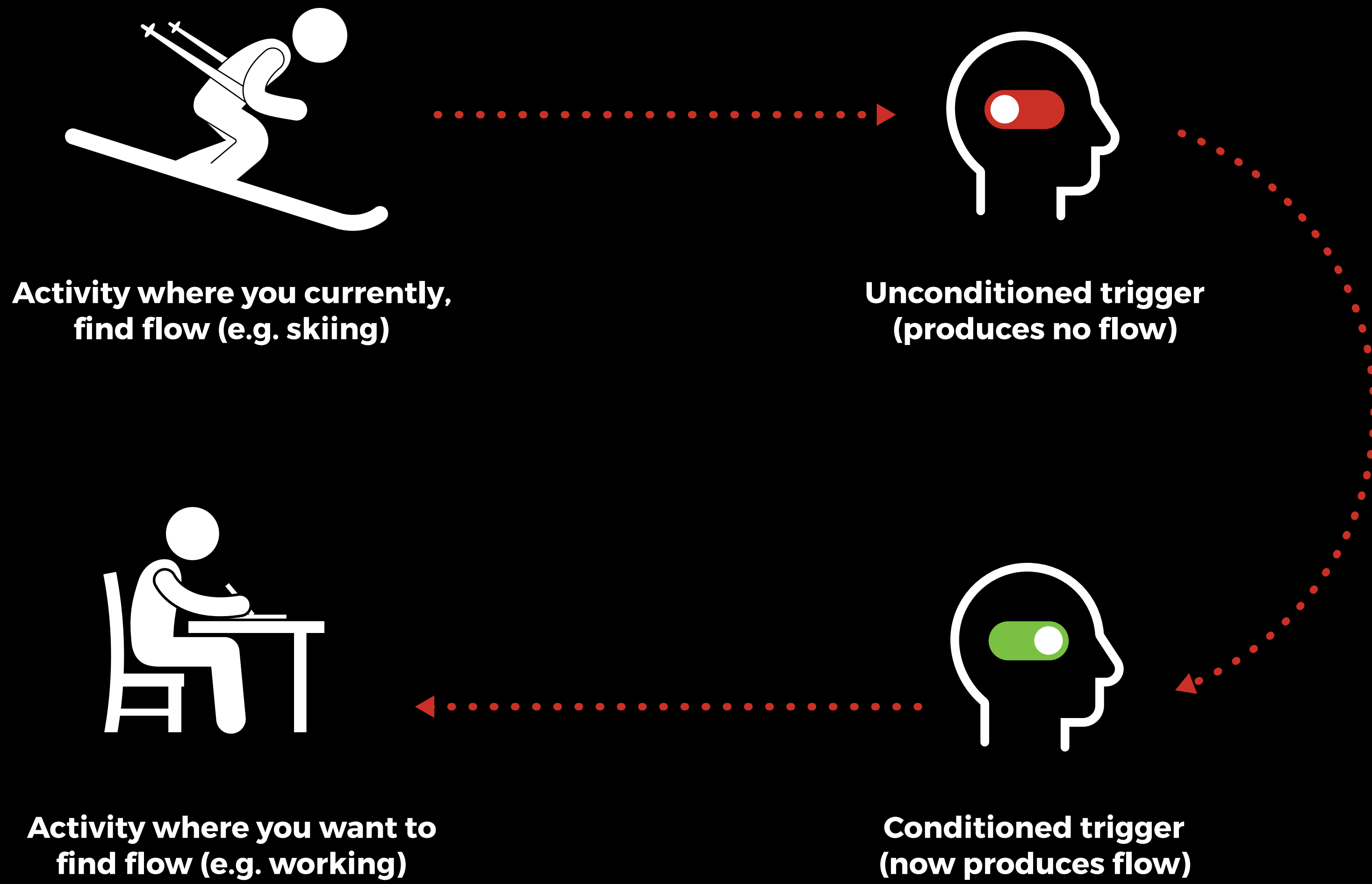


**Unearthing
Existing Flow Triggers**

Conditioning Flow Triggers and N=1 Trigger Identification



Conditioning New Flow Triggers





Conditioning Flow Triggers Step by Step

- 1 Identify the current high flow activity**
(e.g., skiing, family time, singing)
If none are present, begin a high flow activity
- 2 Add the unconditioned trigger**
(e.g., a song, headphones, sparkling water, coffee)
- 3 Continue to pair the unconditioned trigger to the high flow activity to condition it**
- 4 Once conditioned, add it to a non flow activity to drive flow**
(e.g., song → work, coffee → writing)



Unearthing Existing Flow Triggers

- 1 Identify the three periods in your life (1-3 months) where you had the highest performance**
Example: "The first two months of starting my first business"
- 2 Identify down every variable that was present, no matter how obscure**
Example: "The first two months of starting my first business"
 - Living with friends
 - Big, meaningful goal with future implications and clear deadline
 - Highly ordered routine
 - Novelty with new house, and new city environment
 - Lots of intense exercise
 - Zero alcohol use and GF diet
- 3 Reintroduce these variables, assess positive impact, maintain if positive**

What We've Covered:

- 1 The CS Ratio and External Triggers
- 2 Creating Flow Triggers

Exercise:

The VUCA External Trigger Audit

- 1 Where is VUCA showing up in my life?
- 2 Am I over or under aroused (under challenged or over challenged)?
- 3 Based on this, do I need more or less VUCA?
- 4 Where do I need to reduce/increase VUCA personally or professionally?



Download Workbook
to Get Started

Exercise:

Condition a New Flow Trigger



Download Workbook
to Get Started

Exercise:

Unearth Existing Flow Triggers



Download Workbook
to Get Started