

Internal Flow Triggers and Complete Concentration

Today's Gameplan

- 1 Autonomy
- 2 Complete Concentration

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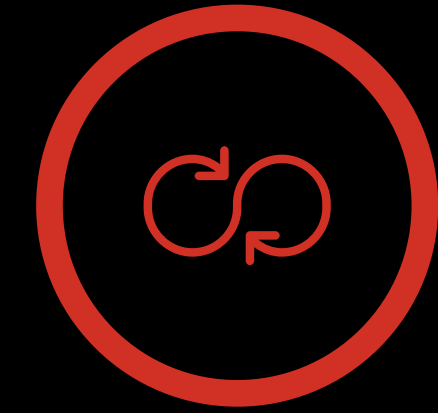
Levels of the Game



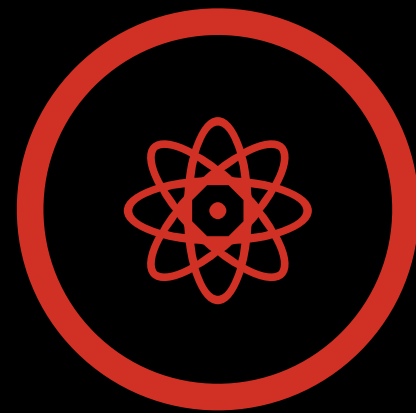
Cognitive Literacy



Maps & Models



Body Hacks



Mind Hacks



Craft Hacks



Coaching Perspective

22 Flow Triggers: The High Performance Tool Kit

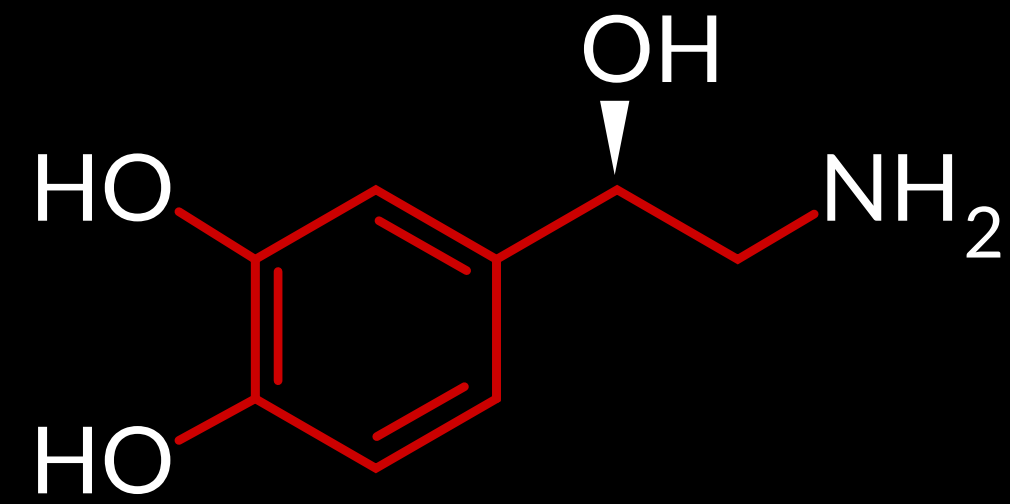
Individual Triggers

	Curiosity/ Passion/ Purpose		Unpredictability
	Autonomy		Deep Embodiment
	Complete Concentration		Immediate Feedback
	Risk		Clear Goals
	Novelty		Challenges/ Skills Ratio
	Complexity		Creativity/ Pattern Recognition

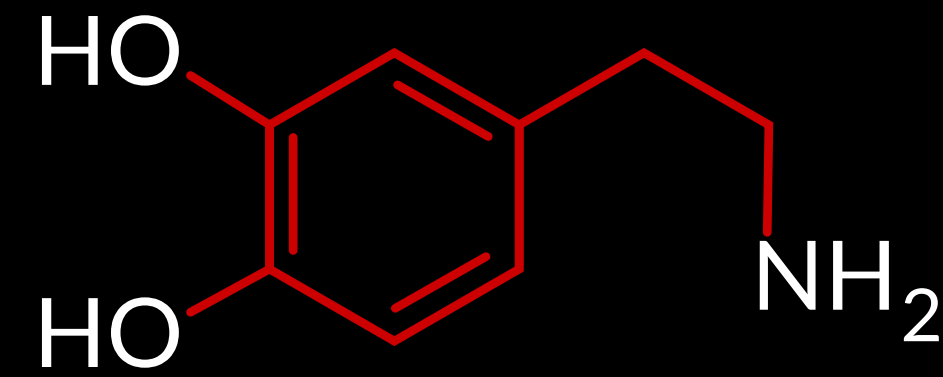
Group Triggers

	Complete Concentration		Autonomy/ a Sense of Control
	Shared Goals		Blending Egos
	Shared Risk		Familiarity
	Yes and...		Equal Participation
	Close Listening		Open Communication

Trigger Neuroscience



Dopamine



Norepinephrine



Lowers Cognitive Load

Internal Triggers

1 **Autonomy**

2 **Curiosity/Passion/Purpose**

3 **Complete Concentration**

4 **Challenge/Skills Balance**

5 **Clear Goals**

6 **Immediate Feedback**

The How of Autonomy

1. Attention and Autonomy
2. Google's 20 Percent Rule
3. 3M's 15 Percent Approach
4. Patagonia's "Let My People Go Surfing" Option

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The Mechanics of Complete Concentration

1. 90-120 Minutes (But Always Start by Starting)
2. Task-Orientation Not Ego-Orientation (External/Internal)
3. Autonomy Matters (so Framing Matters)
4. Non-Time and No One
5. F*ck off I'm Flowing

What We've Covered:

- 1 Autonomy
- 2 Complete Concentration

Exercise:

The Distraction Check-List

- 1 What are my top five distractions?
- 2 What steps can I take to minimize each of them?
- 3 When should I take those steps?



Download Workbook
to Get Started