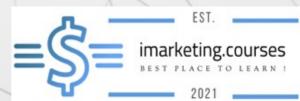


Flow History and Flow Foundations and Flow Science and Triggers



Key Takeaways

- Flow 101
- Csikszentmihalyi's Big 6
- Phenomenology Of Flow
- 4 Neurophysiology Of Flow
- The Core Characteristics Of Flow
- 6 History Of Flow
- Flow Is Trainable
- 8 22 Flow Triggers

Quote:

- enjoy what they are doing when they don't want to be doing anything else. What makes flow so intrinsically motivating? The evidence suggests a simple answer: in flow, the human organism is functioning at its fullest capacity. When this happens, the experience is its own reward ??
 - Mihaly Csikszentmihalyi

Exercise 1

Flow Audit

See next page for details

Exercise 1

Flow Audit

- 1. What three periods of your life (at least one month long) did you experience the most flow?
- 2. What were the common denominators within those periods? (e.g. Living with friends, regularly practicing yoga, eating a ketogenic diet, meditating a lot)
- 3. What activity, as a child drove you most deeply into flow? (e.g. Soccer, martial arts, painting)
- 4. What recent activity drives you most deeply into flow? (e.g. Writing, snowboarding, speaking)
- 5. What 3 words describe your deepest flow states?



Exercise 2

Flow Audit

Schedule at least 90 mins this week for your Primary Flow Activity. Make sure you handle objections now. Clarify your intentions with people whose schedule will be affected and ask for their support. If you are worried that you won't follow through, ask a friend to join you. Make sure you plan well for this time. This is your rocket fuel for the week. Prioritize it.

Glossary

Complete Concentration: Complete concentration on a limited field of information. Engagement, enjoyment and total absorption in right here, right now. Attention locked on the task-at-hand.

The Merger of Action and Awareness: That is the front edge of that "oceanic boundlessness", that sense of oneness with everything. It means that sense of duality, that sense of being both an outside observer and an active participant in your life melts away.

An Altered Sense of Time: Technically, "time dilation". Either time slows down, and we get that freeze-frame effect, of time speeds up, and five hours pass by in five minutes. Past and future vanish, and we are plunged into an eternal present, the "the deep now".

The Vanishing of Self: Self vanishes. Our sense of self-consciousness as well. The inner critic is silenced. The voice of doubt disappears.

Paradox of Control: We have a powerful sense of control over the situation-often in a situation that is normally not (quite so) controllable. In this moment, we are the captain of our own ship, master of our destiny.

Autotelic Experience: "Flow is what people feel when they enjoy what they are doing, when they don't want to be doing anything else. What makes flow so intrinsically motivating? The evidence suggests a simple answer: in flow, the human organism is functioning at its fullest capacity. When this happens, the experience is its own reward." Mihaly Csikszentmihalyi

The Phenomenology of Flow (STER):

- 1. Selfless
- 2. Timeless
- 3. Effortless
- 4. Richness

Glossary

80/20 of Emotional Intelligence:

- 1. Empathy
- 2. Active Listening
- 3. Imagination
- 4. Autopilot Awareness
- 5. Language Reprogramming

The Core Characteristics of Flow

- Complete Concentration
- Merger of Action and Awareness
- Loss of Self
- Time Dilation
- A sense of Control
- Autotelic Experience
- Immediate Feedback
- Clear Goals
- A Balance Between Challenge and Skills

Transient Hypofrontality: "In flow, parts of the brain aren't becoming more hyperactive, they're actually slowing down, shutting down. The technical term for this is transient, meaning temporary, hypofrontality. Hypo – H – Y – P – O – it's the opposite of hyper means to slow down, to shut down, to deactivate. And frontality is the prefrontal cortex, the part of your brain that houses your higher cognitive functions, your sense of morality, your sense of will, your sense of self." -Steven Kotler

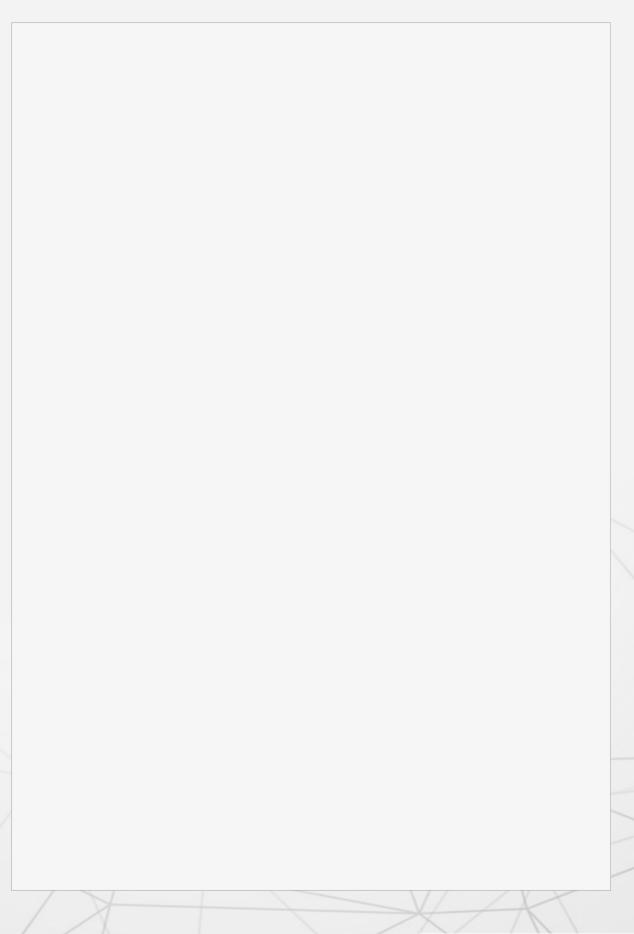
The Networks of FLow:

- 1. Salience Goes Up
- 2. Executive Attention Goes Up
- 3. Default Mode Goes Down
- 4. The DMN/Creative Issue

Autotelic Personality:

- 1. Curiosity
- 2. Persistence
- 3. Low Self-Centeredness
- 4. High in Autonomy/Independence
- 5. High in Collaborative/Cooperative Tendencies

Notes



Flow triggers:

- Rise of Superman- By Steven Kotler
- 2. Stealing Fire- By Steven Kotler and Jamie Wheal
- 3. Flow: The Psychology of Optimal Experience- By Mihaly Csikszentmihalyi
- 5. Group Genius by Keith Sawyer

Neuroanatomy of Flow:

- 6. How enlightenment changes your brain- By Andrew Newburg
- 7. Functional neuroanatomy of altered states of consciousness: The transient hypofrontality hypothesis by Arne Dietrich
- 8. <u>Neurocognitive mechanisms underlying the experience of flow</u> by Arne Dietrich
- Neural correlates of experimentally induced flow experiences By Martin Elric

Neuroelectricity of Flow:

- 10. EEG Correlates of the Flow State: A Combination of Increased Frontal Theta and Moderate Frontocentral Alpha Rhythm in the Mental Arithmetic Task By Kenji Katahira
- 12. EEG theta waves and psychological phenomena: a review and analysis By Daniel L. Schacter

Neurochemicals of Flow:

- 13. Exercise activates the endocannabinoid system By Arne Dietrich
- 14. The Moral Molecule: How Trust Works By Paul Zak
- 15. <u>Satisfaction: Sensation Seeking, Novelty, and the Science of Finding True</u>
 <u>Fulfillment</u> By Gregory Berns
- 16. The Molecule of More By Daniel Z. Lieberman
- 17. The Breakout Principle by Herbert Benson
- Molecules Of Emotion: The Science Behind Mind-Body Medicine by Candace Pert

