

Bedtime Flow and Wake-up Flow

Today's Gameplan

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

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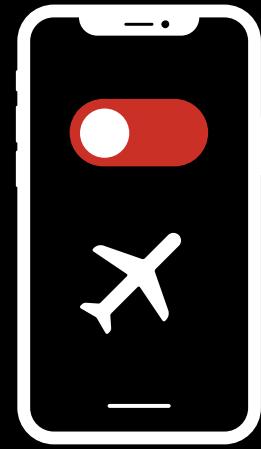
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Personality, Biology and Extracting the Fundamentals for Yourself

Wake-up and Flow – Alpha/Theta Ain't So Far from Theta/Delta



Distractions Are Annihilated, Everything Is Automated, Decisions Don't Exist



Your phone is off/flight mode



GO! Ideally for 90-180 mins



All decisions have been pre-made around food, clothing, etc.



Your highest priority tasks are fully laid out and prepared, clear goals, etc., are set

During Your Flow Block: Zero Distraction, Task Switching, Phone Checking

- 1** Completing Tasks Sequentially
- 2** Zero Self Distracting (not discipline, through preemptively clearing distractions out of the environment)
- 3** Zero Task Switching
- 4** Cognitively Unstimulating Breaks Every 45 Minutes (stretching, water, coffee, meditating, wall staring to keep PFC engaged)
- 5** Remembering the Flow Cycle & Pushing Through Struggle
- 6** Hyper Hydration Throughout
- 7** End with a Batched Technology Check (phone, email, notifications, updates) and Switch Phone Back Off!

After Your Flow Block: Reboot with the Positive Psychology Basics



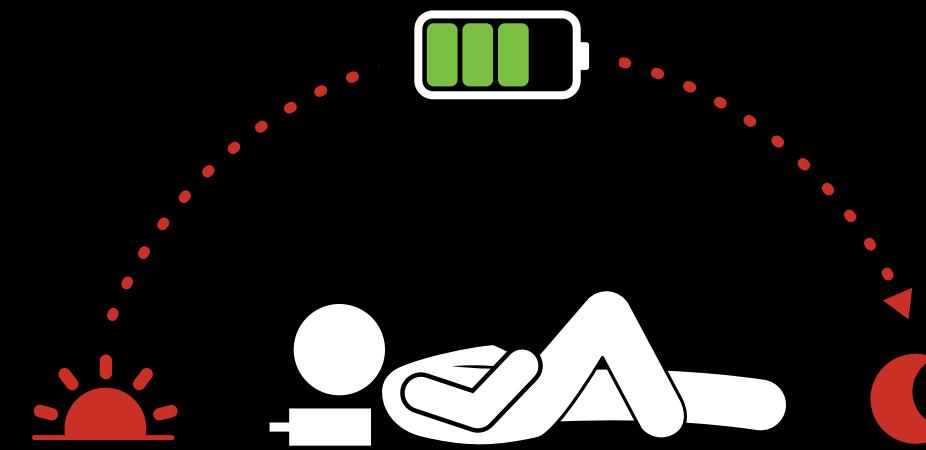
Go to Office – Ready to Hit Your Second Flow Block



- 1** Set up in office, feeling fully fresh as if it's start of the day
- 2** Block all distraction for as long as possible
- 3** GO!
- 4** Same necessities as before—sequential, no distracting, breaks, flow cycle

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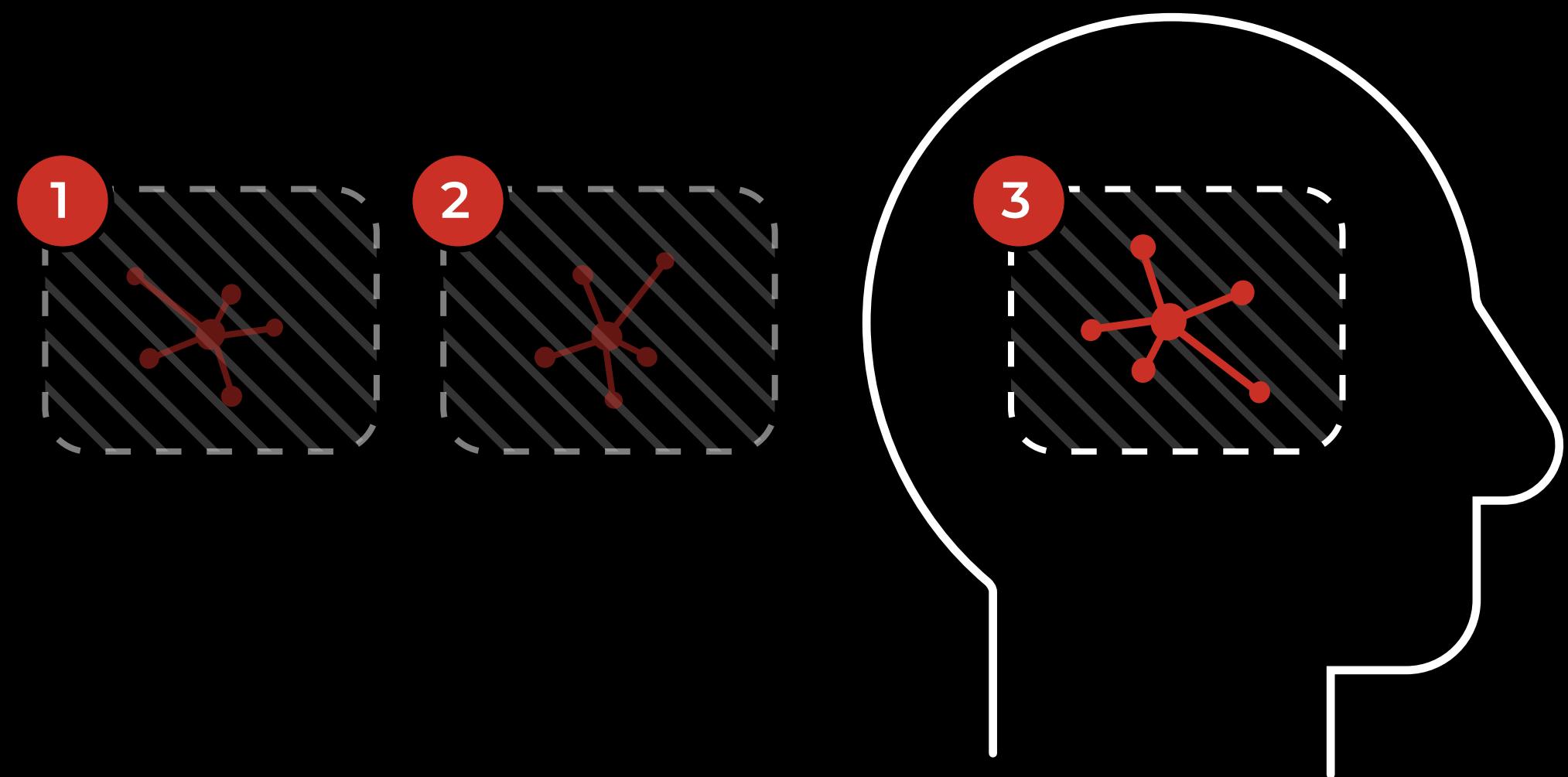
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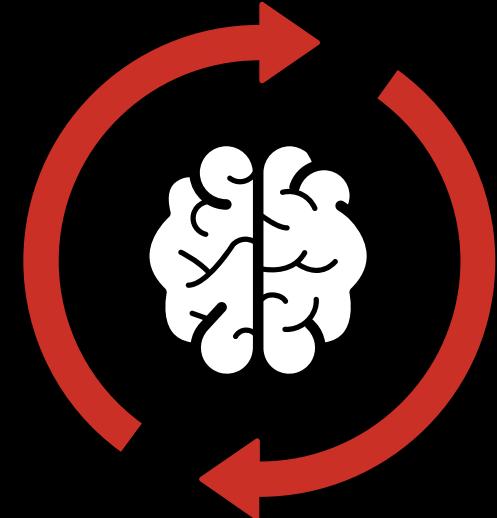


Take a Recharge Break Around Afternoon

- 1** Stretch, walk, exercise, meditate, nap
- 2** Reboot for second half of the day

Ideally – Third Flow Block





If Not Now Possible – Shifting From Proactivity and Important Rocks to More Reactive Work

- 1 Bang out meetings
- 2 Bang out smaller tasks and any necessary busy work
- 3 Batch process all emails and communication
- 4 Do any other work that doesn't require high cognitive demands, errands etc
- 5 Complete all as rapidly as possible, with hard stop already defined at the end of the day



Finish Your Workday with Power Down Ritual – Predefined Time

- 1** Review Your Weekly Goals
- 2** Refine Daily Goals for Next Day & Schedule 3DP's for Next Day
- 3** Prep All Tasks for the Next Day to Eliminate Friction
- 4** Clear out Undone Tasks and Tie All Loose Ends

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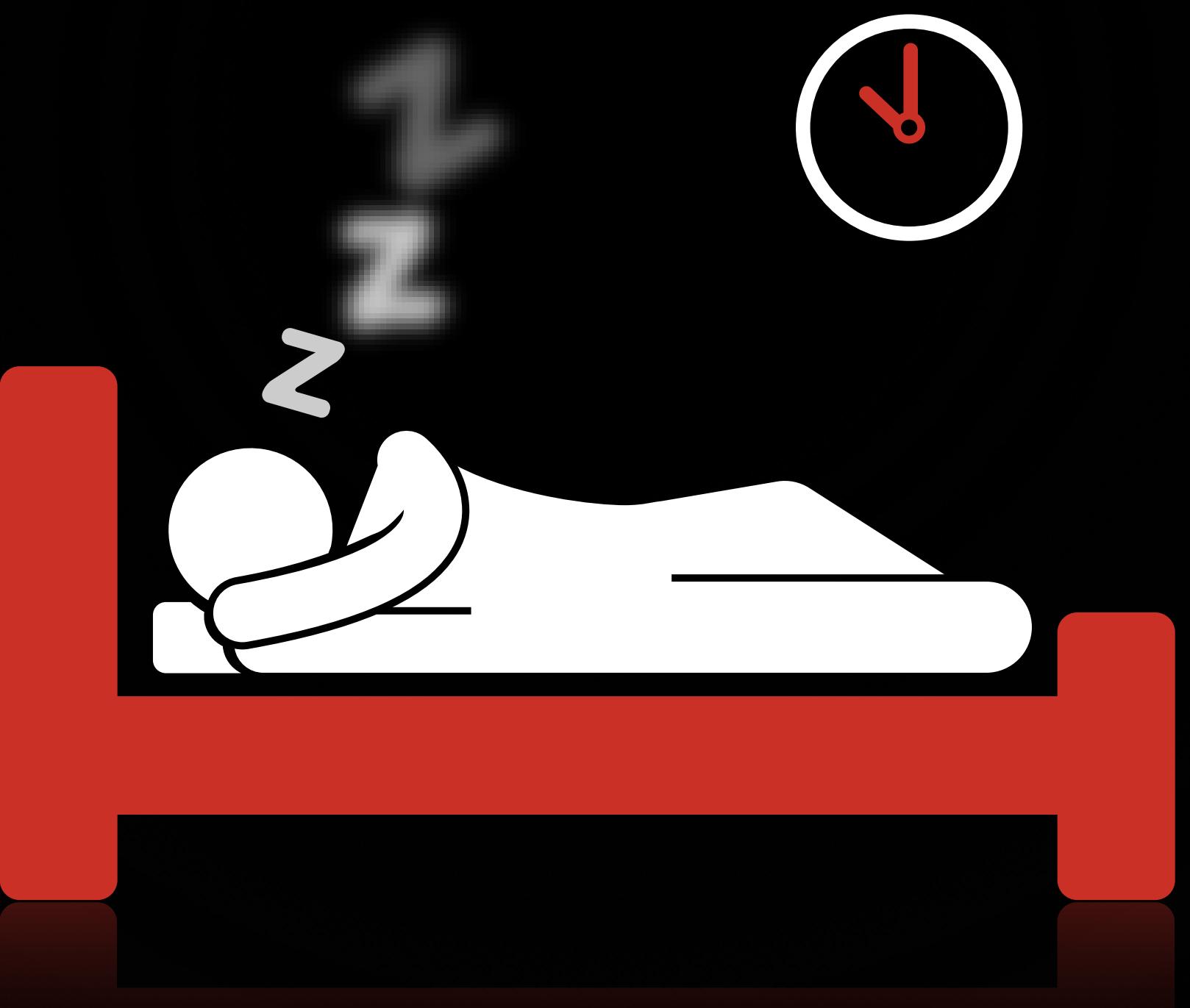
Get Home – Unplugged With 3-4 Hours Before Bed

- 1 Family time, relationships, connection
- 2 Fuel
- 3 Recovery protocols—sauna, mobility work, massage, yoga etc
- 4 Begin winding down—all tech fully off, applying all sleep protocols

**Shut Down Computer, Kill
Email and Even Phone for
Rest of Day – Sever All Ties**



**Bedtime – Pass Out,
Unplugged, Wound Down
and Perfectly Exhausted**



Repeat to Win



A Variant for the Night Owl



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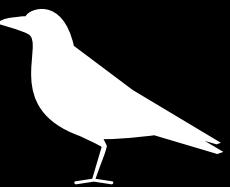
**Key – Identify All the
Underlying Principles
and Manipulate for
Yourself**



Tweak as Needed So Long as You're Meeting the Following Thresholds

1. 3+ hours of protected time for flow (ideally 6+)
No incoming stimuli whatsoever
2. PP Basics—mindfulness, gratitude, fuel, exercise, hydration
3. Leveraging Flow Cycle to Push Through Struggle
4. Leveraging Flow Triggers—Clear Goals, C/S Balance, Feedback, etc.
5. Surfing Your Energy Rhythms with Breaks
6. Batching Busy Work
7. Completing Task Sequentially
8. Avoiding Reactivity
9. Protecting Attention Ferociously
10. Staying Embodied
11. Deploying Power Down Ritual
12. Recovering Effectively
13. Meeting Social Needs
14. Winding Down Pre-Sleep

Three Morning Routine Varieties To Experiment with



The Sleep to Flow

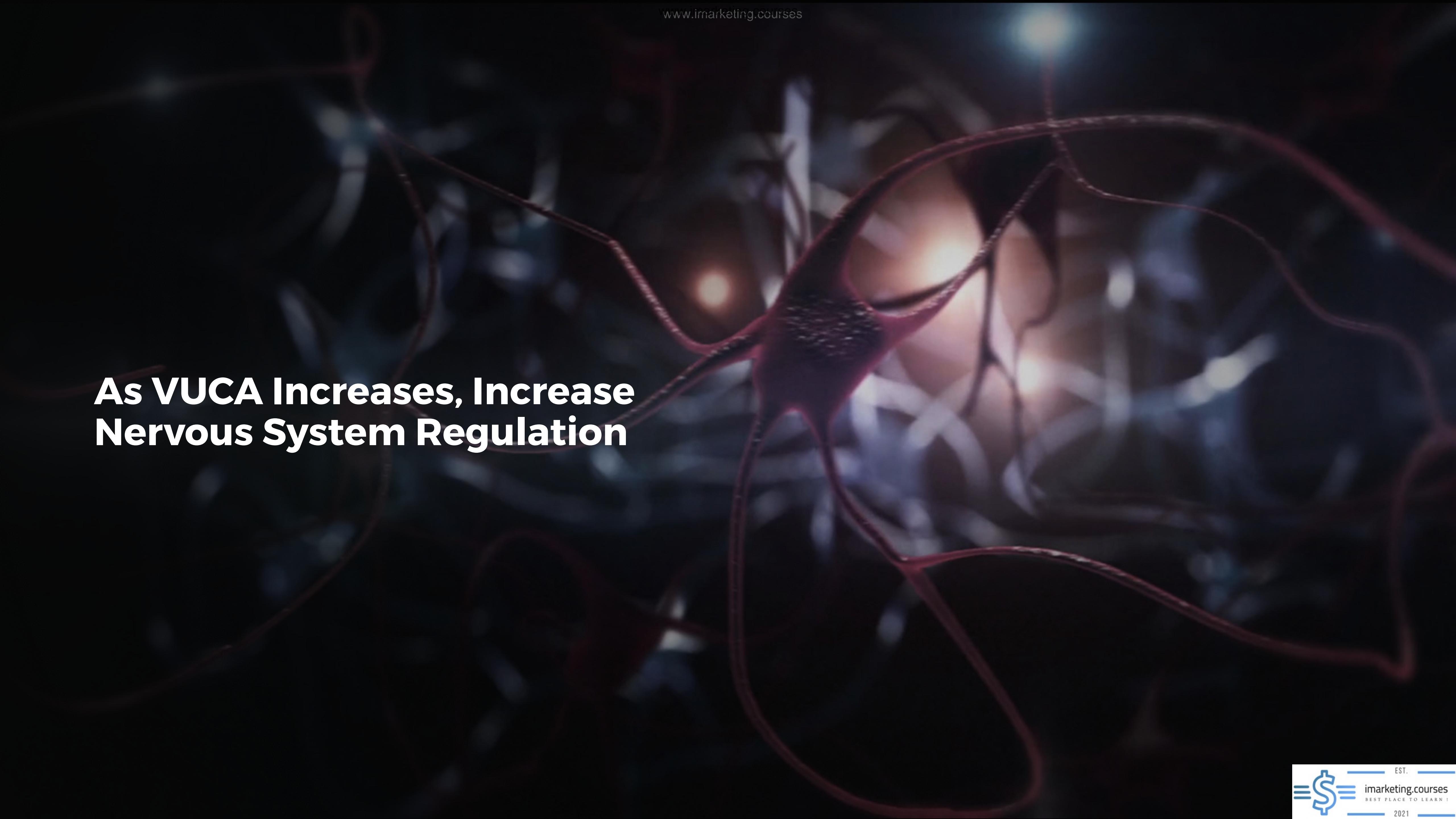
Chronotype	Lark
Wake up time	5AM
Routine	<ul style="list-style-type: none"> Working on high leverage task within 60 seconds of waking 3 hours work block w/ breaks Phone check Power hour reboot <ul style="list-style-type: none"> Exercise Mindfulness Gratitude Fuel Shower Next work block
Pros	<ul style="list-style-type: none"> Blocks distraction Day of work done by 9AM
Cons	<ul style="list-style-type: none"> Power hour at risk Requires space Unproductive if stressed

The Nervous System Primer

Chronotype	Third Bird
Wake up time	7:30AM
Routine	<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
Pros	<ul style="list-style-type: none"> Prioritizes nervous system reset Great for stressful, reactive periods
Cons	<ul style="list-style-type: none"> Deep work can be harder later

The End of Day Sprint

Chronotype	Night Owl
Wake up time	9AM
Routine	<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"> Good for night owls Good if matches children's schedule Good if you need to unblock team
Cons	<ul style="list-style-type: none"> Risk of evening deep work dissipating Risk of sleep being compressed



**As VUCA Increases, Increase
Nervous System Regulation**

Exercise:

Map out Your Equivalent to an Ideally Flowy Day

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



Download Workbook
to Get Started

Exercise:

Map out Your Power Hour



Download Workbook
to Get Started