



Assembling Your Temple of Flow

Key Takeaways

- 1 Flow Optimizing Your Workspace
- 2 Dialing in Our Workspace Has Real Neurobiological Consequences for Flow
- 3 The Flow Optimized Workplace Checklist
- 4 Gating Your Attention

Quote:

“ What separates two people most profoundly is a different sense and degree of cleanliness. ”

— *Friedrich Nietzsche*

Diagnostic
N/A

Exercise

Environmental Optimization

See next page for details

Exercise

Environmental Optimization

1. Flow Optimize Your Workspace & Attach A Photo Within 24 Hours!



2. If you work in an open office plan or suboptimal work environment, make structural changes to that with your employer or self, within a week. Rent a better co-working space, get set up at home, do whatever you have to do. This is a critical priority.

Notes

Lesson Resources

1. **The Organized Mind**
By Daniel Levitin
2. **Voluntary Simplicity**
By Duane Elgin
3. **[The Case for Finally Cleaning Your Desk, HBR](#)**
By Libby Sander
4. **Unclutter Your Life in One Week**
By Erin Doland