

The Flow Cycle (Struggle and Release)

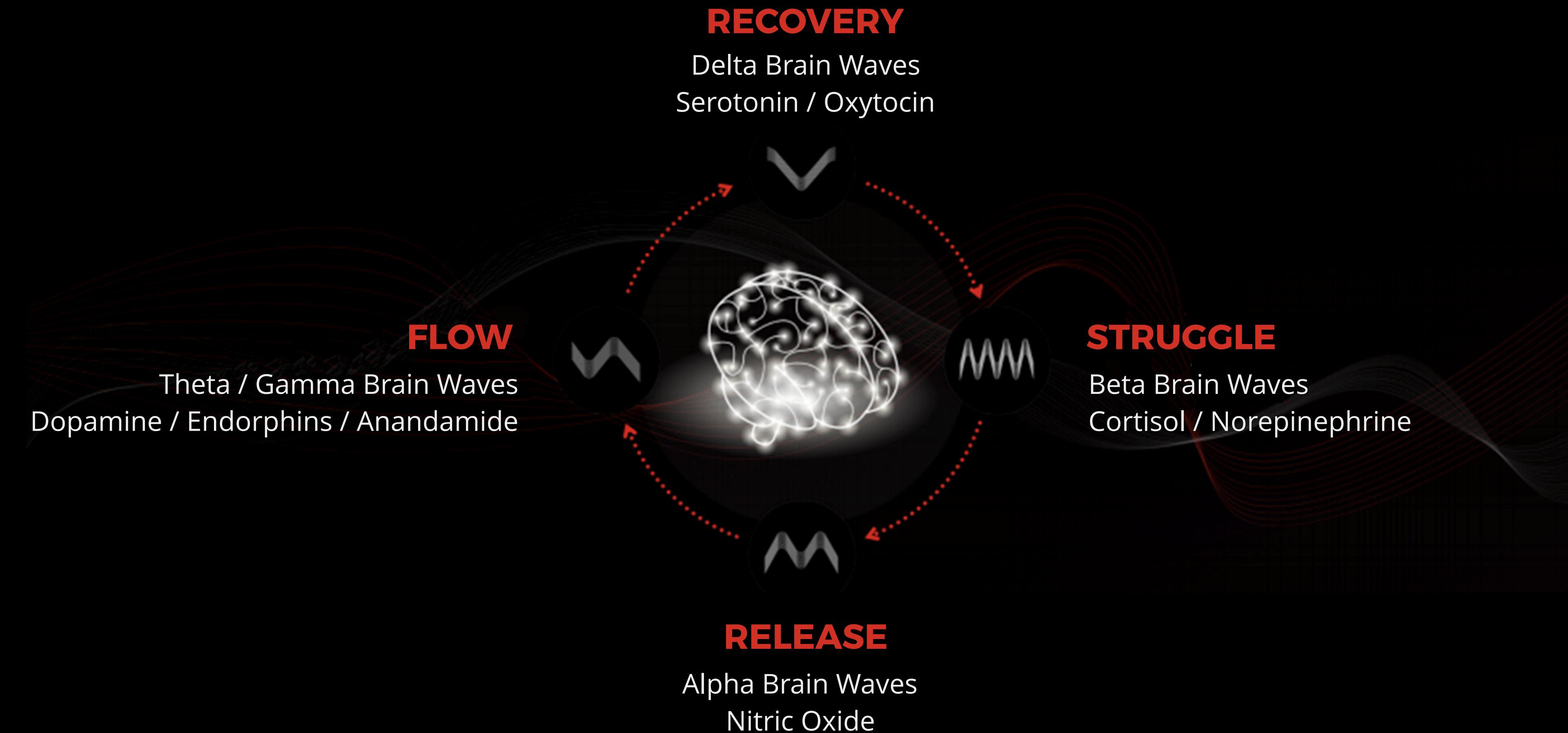
Today's Gameplan

- 1 The Flow Cycle
- 2 Struggle
- 3 Release

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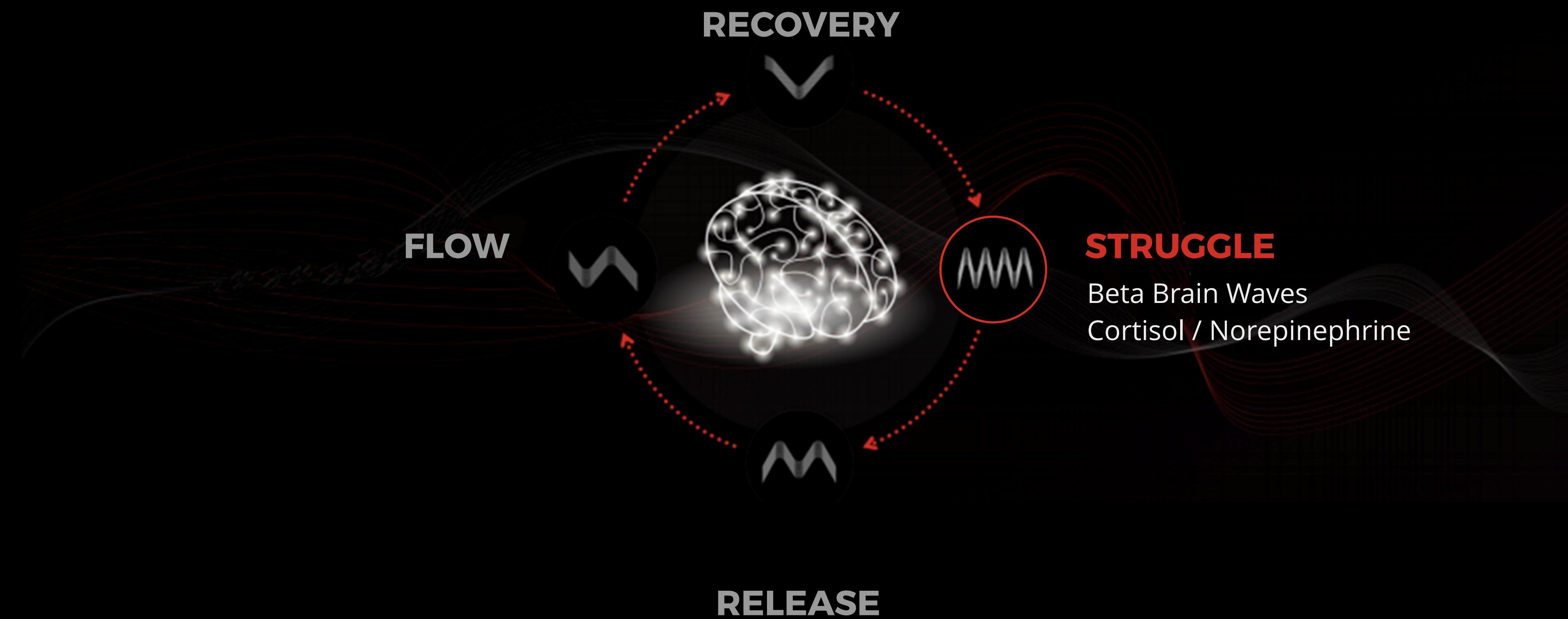
The Flow Cycle



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The Flow Cycle



The **Downside** of a Working Memory



Graceful Struggling: Two Levels of Grit

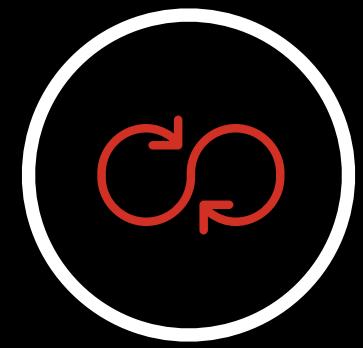


The Grind

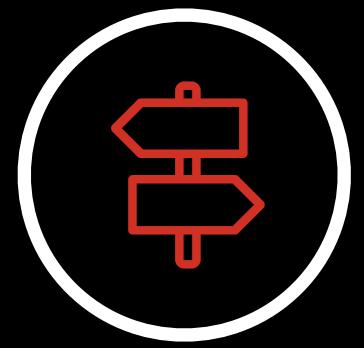


The Mind

Hacking The Grind



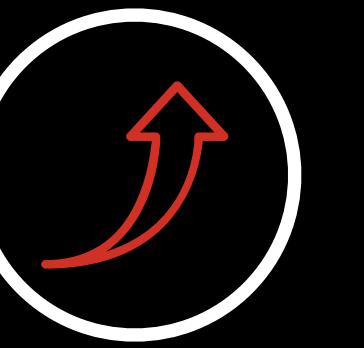
**Limits of
Willpower**



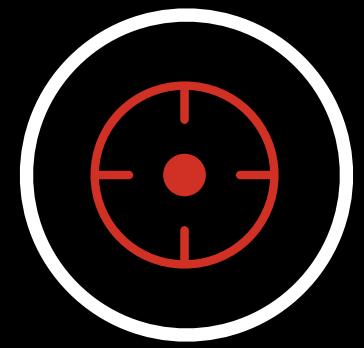
**Clear
Goals**



**The Importance
of Mindset**



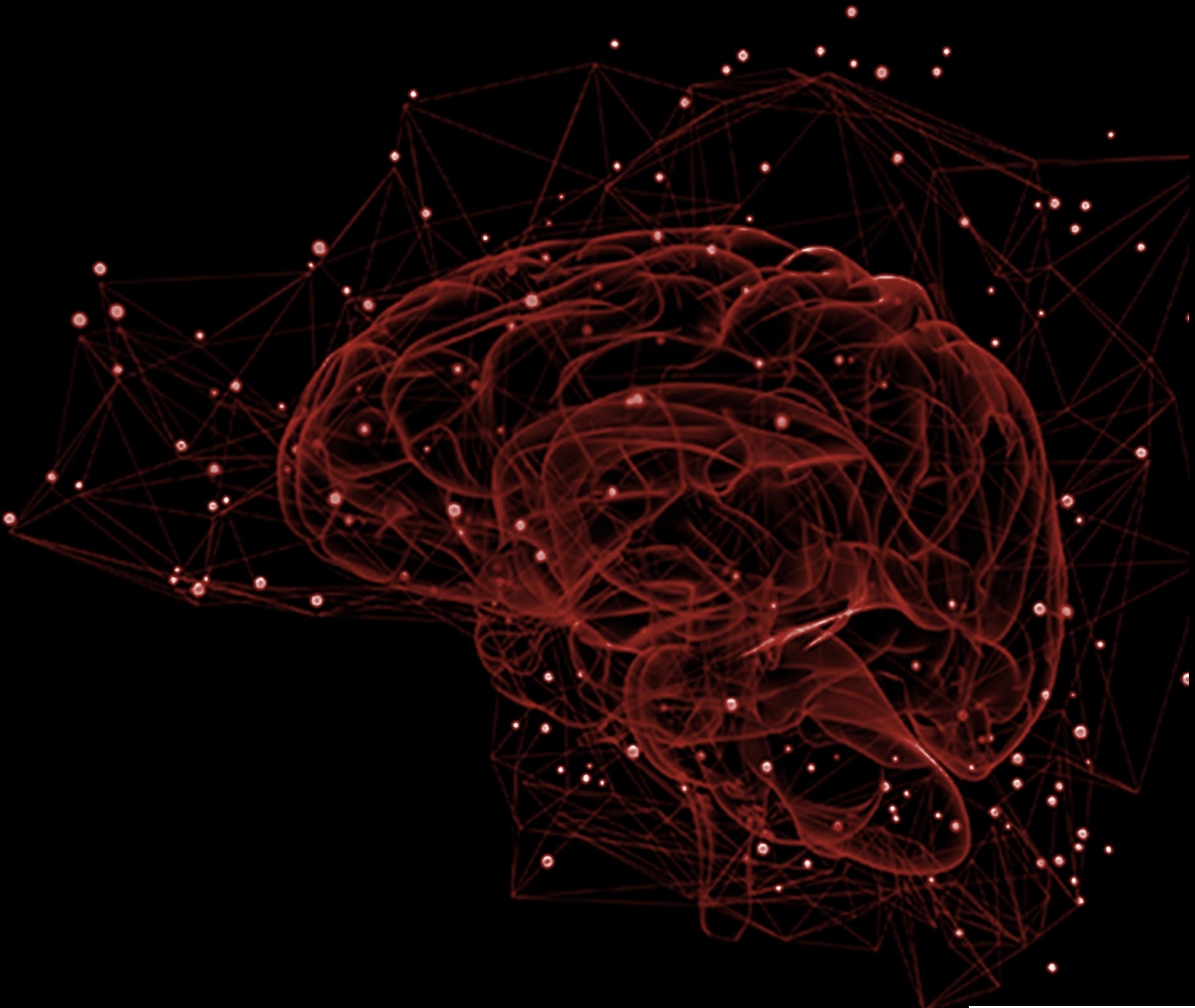
**Peak
Exits**



**Big
Goals**

Hacking The Mind

- 1. Reframing**
- 2. Get Into the Gap**
- 3. Respiration 101 (7 x 7)**
- 4. Box Breathing (5x5x5x5)**
- 5. Shit to Do When Shit Goes Wrong List**



Reframing

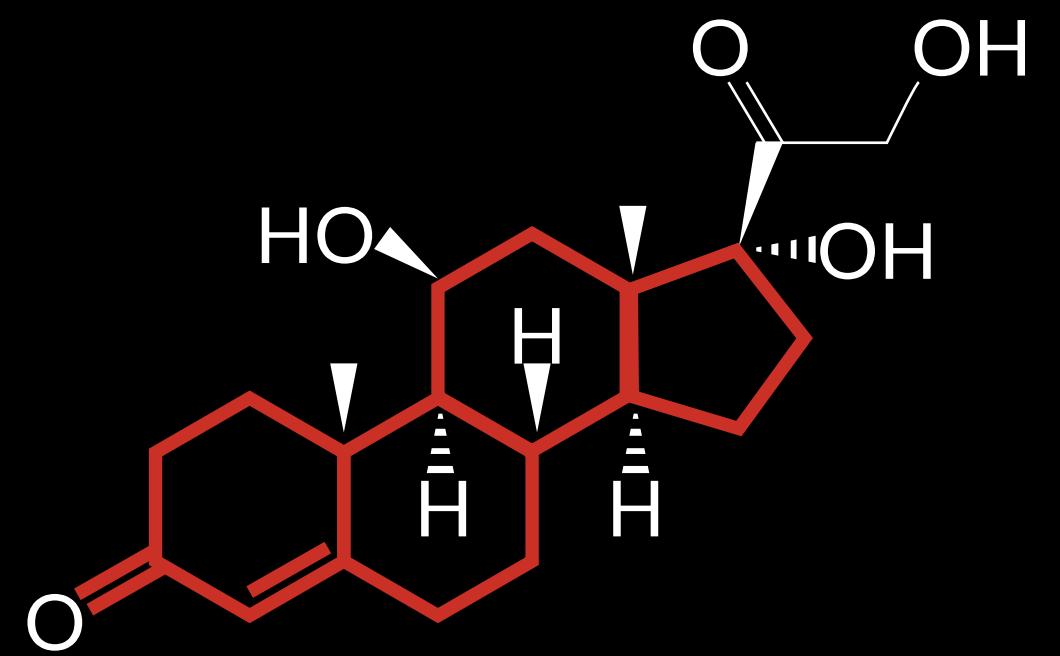
**“ Most unhappiness is caused by people listening ”
to themselves... instead of talking to themselves**

— William James

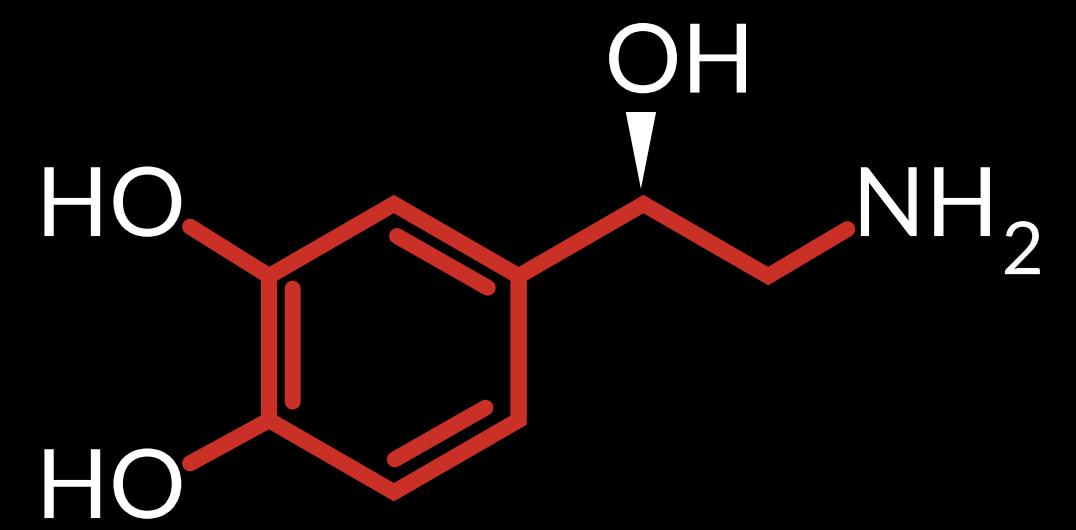
Anxiety and Excitement Are the Exact Same Signals!



Heart Rate Increases



Cortisol Surges



Norepinephrine Spikes

**The More Fear
the Fewer Choices**

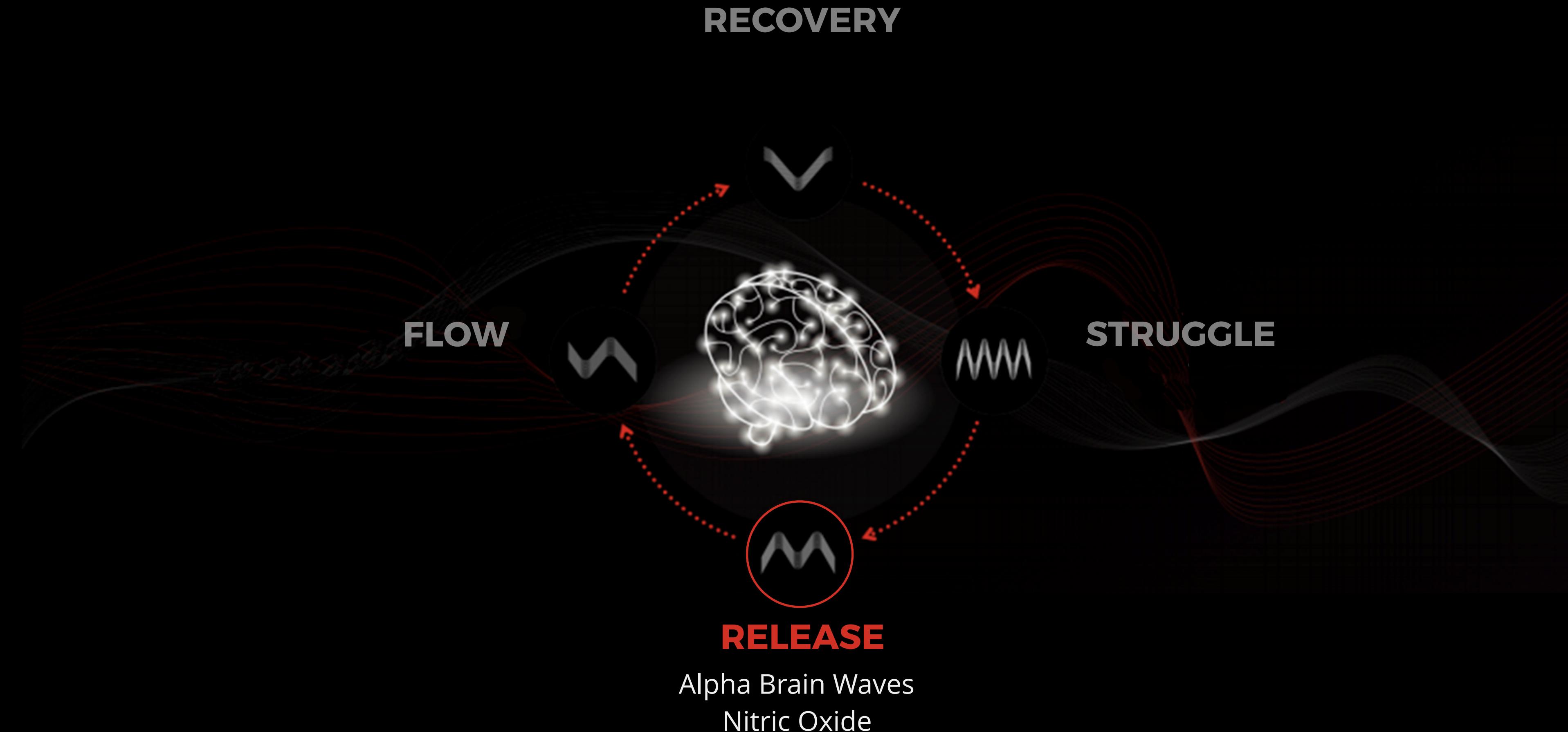
Reframing Exercise

- 1. Be Excited about the Problem (3x)**
- 2. Do I Have Enough Information?**
- 3. What's the Payoff from Excitement?**
- 4. I Am Excited (3x/establish a somatic anchor)**

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The Flow Cycle

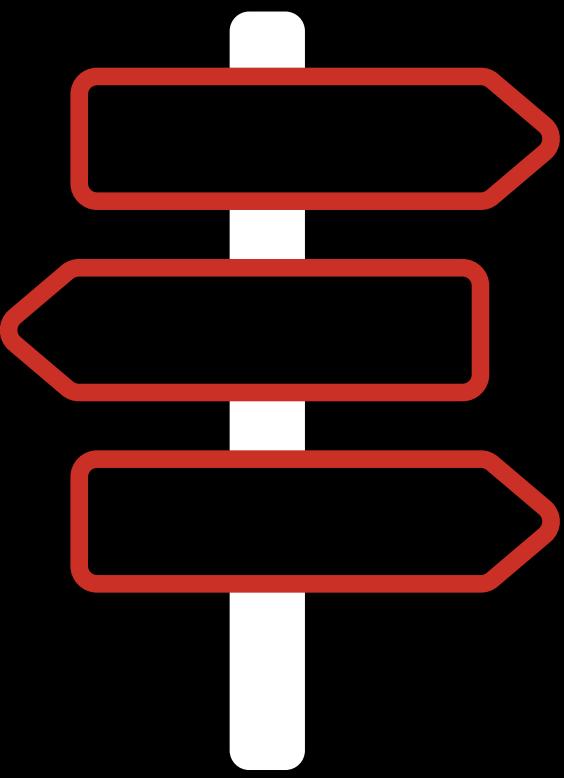


Deep Embodiment: The **Secret** to Release

Building a Trigger List



**Three Release Activities That
Have Worked in the Past**



**Three Signs You
Need Release**

Turbo-Boosting Release

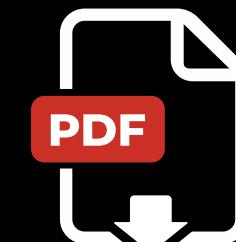
MACGYVER

What We've Covered

- 1 The Flow Cycle
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Exercise:

Struggle Persistence



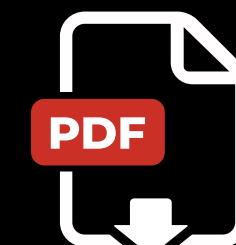
Download Workbook
to Get Started

Remember:

- 1 Be willing to struggle long enough to release
- 2 Avoid self-distraction

Exercise:

Release Triggers



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Experiment with the following to find your optimal release triggers:

- 1 Release walk for exercise induced transient hypofrontality
- 2 10 minute parasympathetic box breathing:
 - inhale 4 seconds
 - hold 4 seconds
 - exhale 6 seconds
 - hold 4 seconds
 - repeat
- 3 Slow gentle stretching