



The Flow Cycle (Flow and Recovery)

Key Takeaways

- 1 The Flow Cycle
- 2 Flow
- 3 The Phenomenology of Flow (STER)
- 4 The Non-Negotiables for Recovery

Quote:

“ Flow is being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. ”

– **Mihaly Csikszentmihalyi**

Diagnostic
N/A

Exercise

Post Flow Visualization

See next page for details

Exercise

Post-Flow Visualization



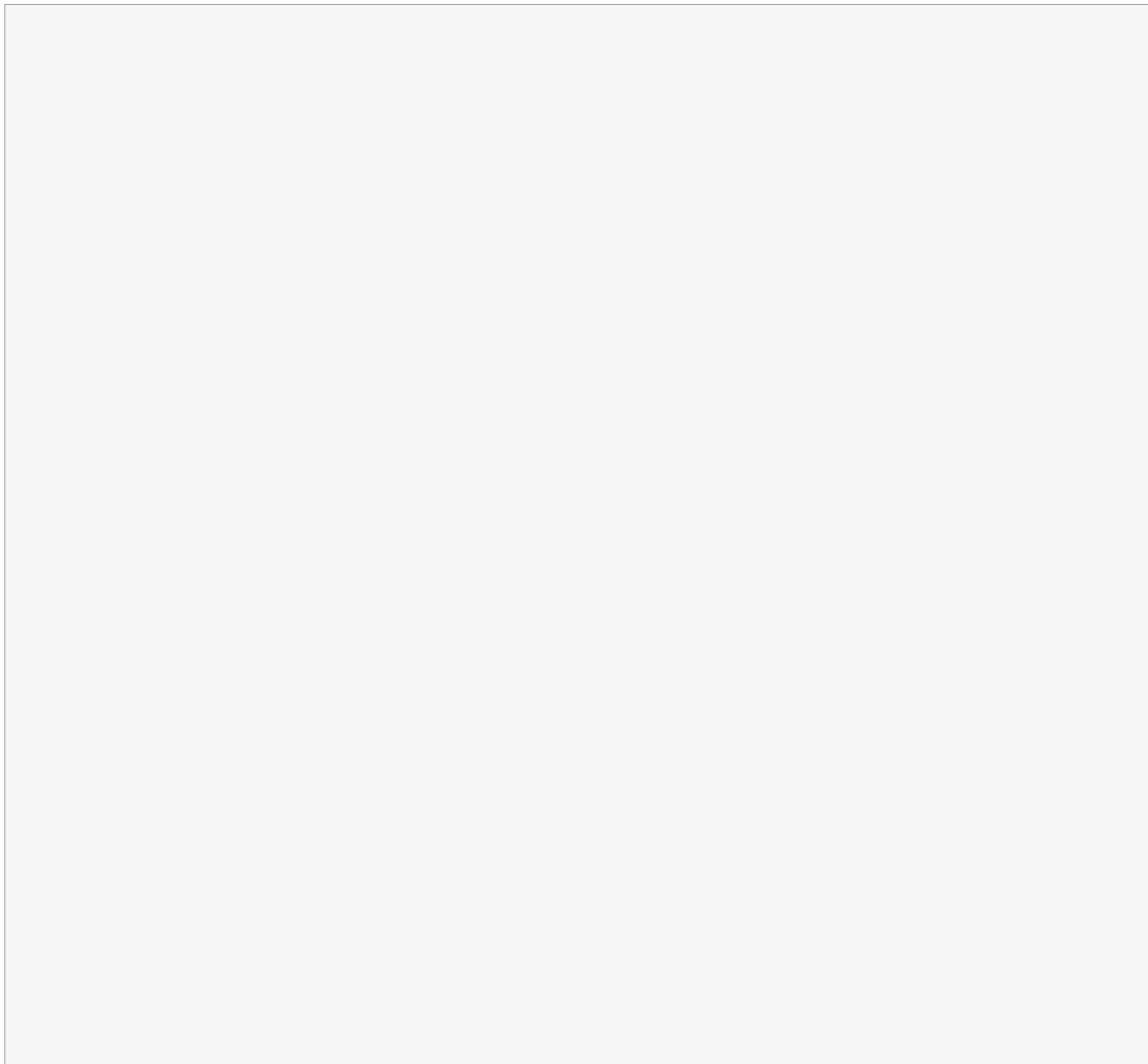
After the flow state, visualize what it was like



Dial up the somatic memory, how it felt, the sensory experience, the associated emotions



Watch as re-entry becomes smoother



Glossary

Selflessness: The sense of self disappears.

Timelessness: The sense of time gets distorted. Hours seem like minutes, or microseconds can be seen in vivid detail. David Eagleman, at Stanford, found that this happens due to a lower prefrontal cortex activity. As a result, your inner critic goes off, most of your fears are either in the past or in the future. Fear goes away. Anxiety drops. Risk-taking goes up. Since you are no longer doubting your ideas, creativity goes up. And we feel that great liberation, that freedom. We're out of our own way.

Effortlessness: Intrinsic motivation goes through the roof in flow. It feels like effortless perfection.

Richness: You gain insight and information in vivid detail. You're taking in more information per second. You're processing it more quickly and processing it more completely. This means more pattern recognition, more lateral thinking, more salience, more attention to the present, more data per second.

Notes

Lesson Resources

1. [Flow: The Psychology of Optimal Experience](#),
By Mihaly Csikszentmihalyi
2. [Optimal Experience in Work and Leisure](#),
Csikszentmihalyi, M., et al., 1989
3. [Go with the flow: A neuroscientific view on being fully engaged](#),
Dimitri Van der Linden, et al., 2020
4. [Catching Sight of Your Self](#),
By Anil Seth
5. [Flow 101](#),
By Steven Kotler
6. [How to Get into the Flow State, Steven Kotler Interview with Chase Jarvis](#)