

Assembling Your Temple of Flow

Today's Gameplan

- 1 Flow Optimizing Your Workspace
- 2 The Flow Optimized Workplace Checklist
- 3 Gating Your Attention

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Flow Optimizing Your Workspace

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

— Friedrich Nietzsche

Dialing in Our Workspace Has Real Neurobiological Consequences for Flow

An organized space:

- 1 Lowers Anxiety To Tune Challenges Skills Balance**
- 2 Lowers Cognitive Load**
- 3 Facilitates Clear Goals**
- 4 Reduces Friction, Hassle, Stress, Agitation**

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1

Minimize Variables Same Desk, Same Setup, Minimal Setup



2

Sound

**Get a Pair of Noise Cancelling
“F**ck off I’m Flowing” Headphones**



2

Distraction Proof Visual Distractions



2

Disruption Proof People Distractions

If you work in an open office space:

- Request permission to work from home (based on it increasing your output)
- Use noise cancelling headphones
- Minimize engagement while attempting to focus
- Batch communication
- Communication, collaboration and group flow are great, but should be done separately—avoid the grey zone

2

Disruption Proof Temptations

3

Clean
**Any Degree of Dirt Will Likely
Generate Negative Emotion**

4

Organized
Everything Should Be Easily Retrievable
Without Friction or Cognitive Overhead

5

Minimalist
Avoid Clutter, Mess and Anything
That Doesn't Serve Your Flow State

6

Natural Light Important for Energy, Mood and Circadian Rhythms



7

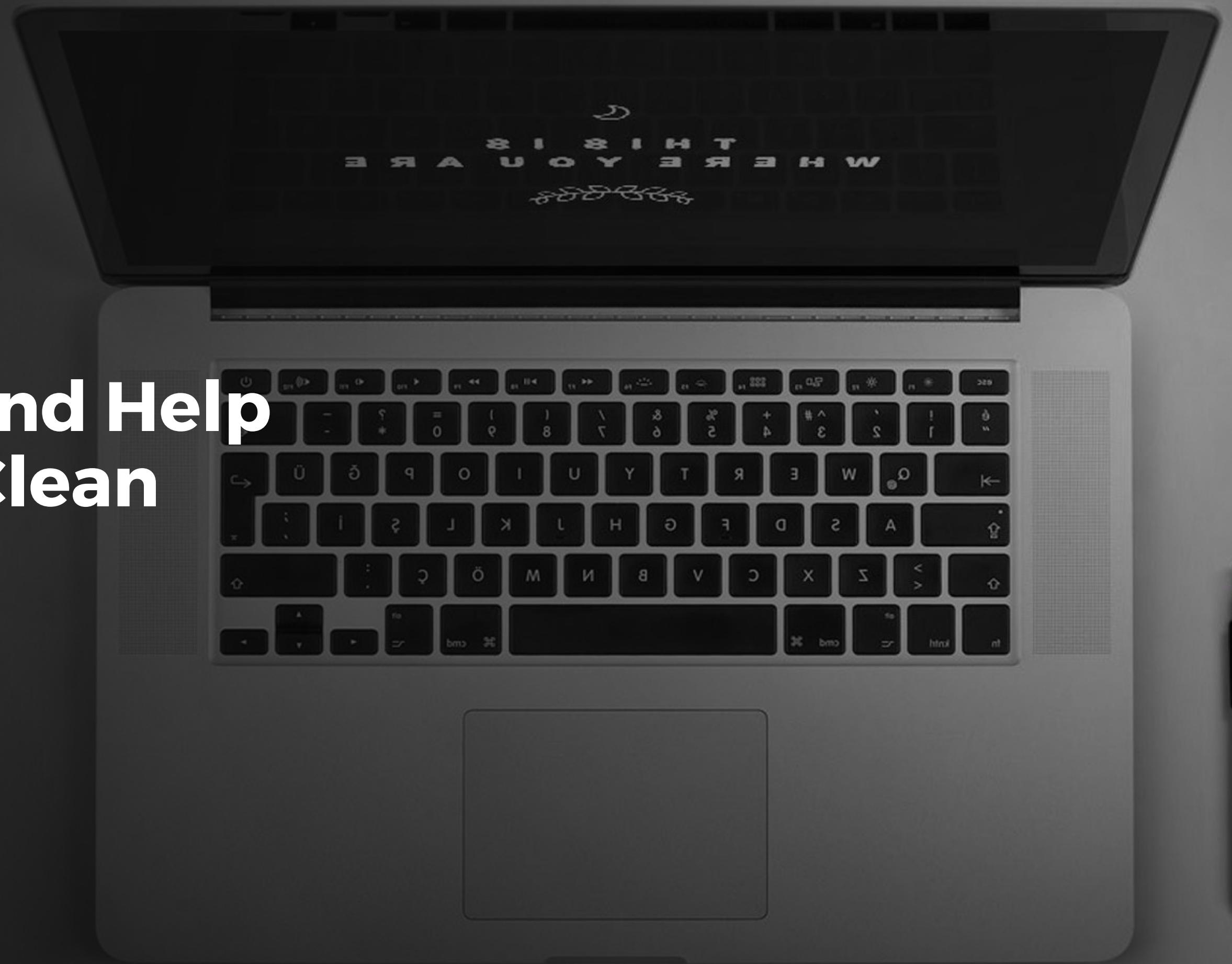
**Temperature
Ideally Around 18
Celsius or 65 Fahrenheit**

8

Furniture
Attractive, Comfortable Furniture
That's Good for Your Body

9

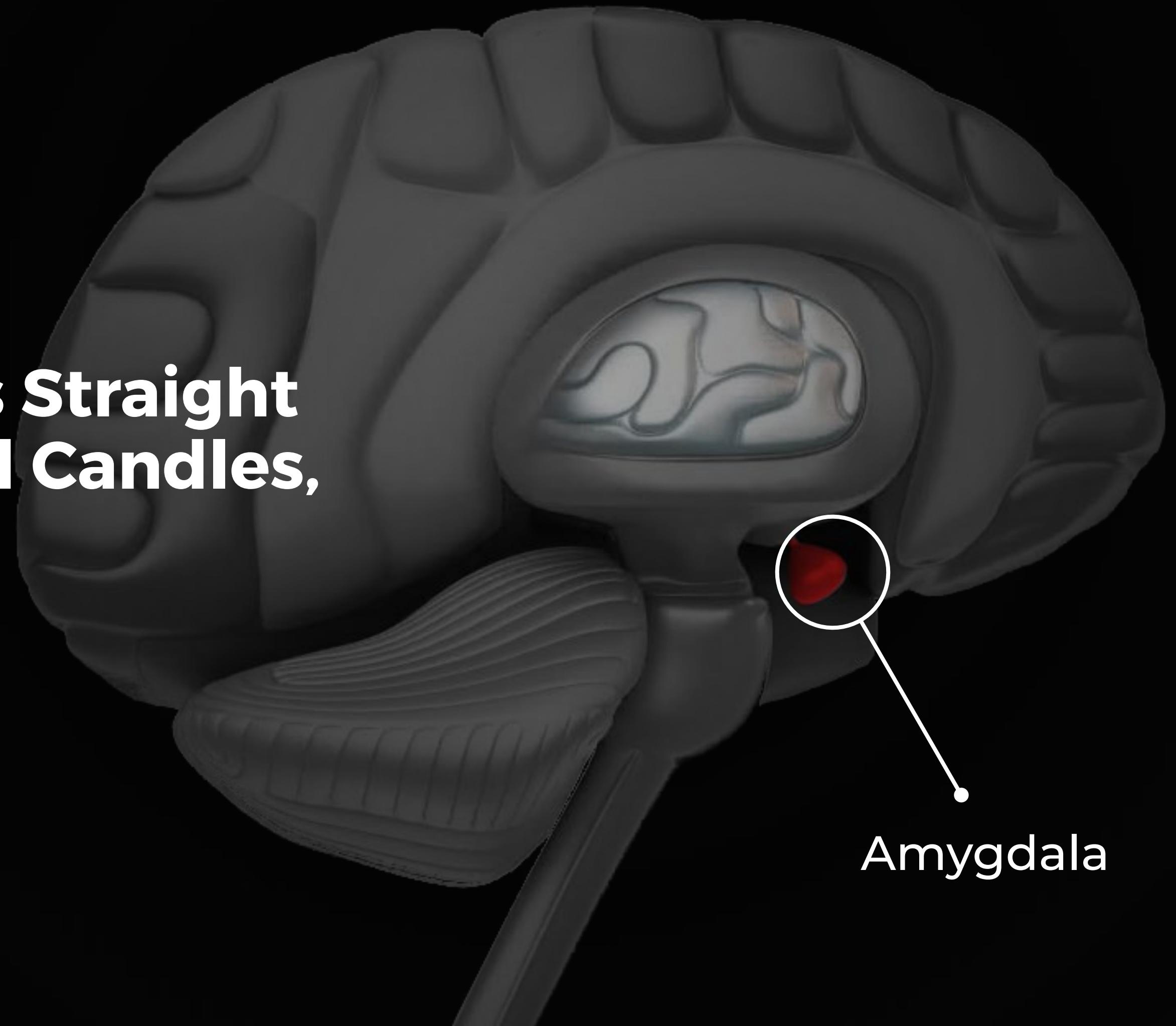
Plants Calming and Help Keep Air Clean



10

Smell

**The Only Sense That Goes Straight
to the Amygdala: Scented Candles,
etc., Can Help Soothe**



11

Views

Big, Beautiful, Expansive Views Are Good for Soothing Nervous System and Inspiring



12

**One Fast High Spec Computer Plugged
Into One Big Monitor with Laptop Shut**



13

One Phone and Ideally
No Other Gadgets

15

**Phone out of Reach
(and off)**



14

Laptop/Monitor Stand and Wireless Keyboard and Trackpad

15

Ability to Stand and Work (Standing Desk)



17

Rhythmic Music on Replay or Binaural Beats

18

Avoid Environments That Aren't Fit for Purpose (Coffee Shops, Sofas, Restaurants, etc.)



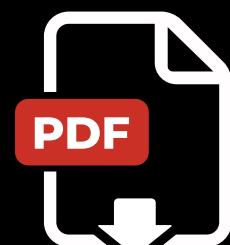
What We've Covered

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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 setup at home, do whatever you have to do. This is a critical priority.



Download Workbook
to Get Started