



TOOLBOX

FINDING FLOW (AS AN ENTP)

FINDING FLOW (AS AN ENTP) GET INTO FLOW WITHIN 15 MINUTES



GOAL: At the end of this exercise you will have created a ritual to get into flow within 15 minutes.

Core idea: We all have obstructions to getting into a flow state. These could be called outer (external conditions), inner (internal mindset), and philosophical challenges (values and “should” statements).

Outer obstructions are external conditions, biological distractions and the environment you need to address. These are real and tangible obstacles that stand in the way of you getting what you want out of life. Examples might be the job you have, the relationship you are in, or an underlying health issue.

Common ENTP outer obstructions:

- Lack of structure
- Navigating relationships
- Off of peak biological time

Inner obstructions are your mental habits, the things on your mind. At the core of your inner obstruction is the question you ask yourself, “Do I have what it takes?” It’s questioning yourself to see if you have the inner strength, discipline, focus, or even accurate information to overcome and succeed.

Common ENTP inner obstructions:

- Easily bored
- Procrastination
- Difficulty with follow-through

Philosophical obstructions are mindsets and beliefs with which you enter into any mental state, or assumptions you have about how things work. These are the obstructions where our values and “should” statements come into play.

Common ENTP philosophical obstructions:

- Existential questions (“Does any of this even matter?”)
- Frustrated dealing with everyday / mundane life
- Synthetic flow: entertainment, jumping from one activity to another

Solution: Once you have identified your obstructions, a reframe is necessary. Reframes fill in the mental vacuum when ideas are reevaluated and removed. When identifying reframes, make them as closely related to the original idea as possible. For example, if an obstruction is that you think online surfing should be sufficient, taking care of biological needs won't address that belief.

Example of reframes:

OBSTRUCTION	EXAMPLE REFRAME
Outer Obstruction - Lack of structure	Reframe/Solution - What are my current routines? Did I choose them, or did they choose me? What if I chose thoughtfully?
Inner Obstructions - Difficulty with follow-through	Reframe/Solution - Instead of deadlines, commit to appointments you must show up for and complete tasks in the moment
Philosophical Obstruction - Synthetic flow: jumping from one activity to another	Reframe/Solution - Ask, "Does this activity have meaning for me? Do I care?"

NOW TAKE ACTION IN YOUR LIFE

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Action 1: Listen to the "Finding Flow" recording in your Personality Development Starter Kit Toolbox.

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Action 2: Use the journal prompts below to address Outer/Inner/Philosophical obstructions and turn them into reframes and/or solutions.

[Journal prompt] List your personal obstructions and the reframes or solutions you will be implementing.

Outer Obstruction(s):

Reframe/Solution:

Inner Obstruction(s):

Reframe/Solution:

Philosophical Obstruction(s):

Reframe/Solution:



Action 3: Begin to outline your 15 minute ritual in steps. Write down and print your 15 minute “get into flow” ritual.

EXAMPLE

Step 1: Choose your Biological Peak Time

(<https://alifeofproductivity.com/calculate-biological-prime-time/>)

Step 2: Take care of all biological needs; use the restroom, drink a glass of water, eat food if you are hungry.

Step 3: Find a quiet space free from distraction. Secure the area by informing others that you will need focused, concentrated time.

Step 4: Meditate or journal to remove mental clutter. (10 minutes)

Step 5: Turn on music that juices you up and gets you into the ‘zone’.

Step 6: Focus on the question “What problem am I trying to solve?”

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Step 6: