Fl**ovig**o

Is an amalgamation of the words **flow** and **vigour**.

It embodies the principles of an ongoing and continual process. Flow is what carries you, it is continual and it is forceful. The key to success is just never stopping, no matter how slow you end up going.

The problem

You're overloaded. You have: ideas, dreams, notes, task lists, to-do lists, etc sprouting from your ears, but no one way to understand them, right? You know what you want but not how to get it.

You struggle to align what you do daily with your life vision. Mentally mapping all the aforementioned ideas together is too hard for a human to do. You need technical help in order to drive your life towards what you want.

You don't know what you want. Or what is stopping you from driving towards a goal that doesn't serve you? As humans we're fundamentally flawed as we don't know what we want, until we see it and then we know exactly what we don't want.

The solution

Dealing with this is actually very easy, and is underpinned in the **scientific** method of creating, testing and iterating.

Step 1 Analyse what makes you happy, historically, currently and thinking into the future

Step 2 Outline what areas you want to improve on, and the strategy to achieve these

Step 3 Review how it went as frequently as possible (this is important as it ensures that you don't deviate for two long) and make changes based on any persistent feelings that things aren't going in the right direction

Weekly, monthly goals are not necessary. When a trend appears that you are on the right track, extend this behaviour, if a trend appears that you are unhappy stop this behaviour, it's that simple. As humans we're notoriously bad at decision making as we act on our current feelings, not on our feelings over time. By having visibility on this we can begin to make better decisions.

Automate decision making

You're a human… you're bad at decision making: accept it and adopt a methodology to life that takes your bad decision out of the picture. Use data driven decisions to rationalise trends and whimsical feelings.

Work with your energy

Work with your bodies natural desire to work on what it's excited about, not just work on what you forced yourself to do. Excited people are happy, happy people are productive.

Be continual

This is why flow is in our name. Enter information as and when it suits you, accept that life is difficult and that arbitrary deadlines don't work. By being continual you always have something to work on today

Why

I want to use my knowledge from ideas exemplified in concepts / ideas such as: **Agile** software methodologies, **GTD**, **Lean** Start Up, The **Scientific method** etc to put in place a system that allows self motivated people to understand the links between their life vision and their to-do list. I need this more than most.

How

By leveraging continual data collection on what you want, steps you think you need to take and your immediate next actions. You are provided with tasks, attributes and cove values in order to achieve this.

What

A web app, designed on Angular JS, with a clean, minimal and simple interface that allows you to work on your daily tasks towards your dreams, whilst keeping an eye on the bigger picture at all times.