



Answer ten questions to determine how often you are in flow and how you can reach this state more easily.

1. Have you ever experienced being totally immersed in and focused on your work? If so, how often do you experience that?

☐ At least once a week ☐ At least once a month ☐ Rarely ☐ Never

2. What are some of the things that keep you from being productive and focusing on your work?

3. On a scale of 1–10, how would you rate your daily productivity?

Unproductive 1 2 3 4 5 6 7 8 9 10 Super Productive

4. On a scale of 1–10, how would you rate your satisfaction with your schoolwork?

Unproductive 1 2 3 4 5 6 7 8 9 10 Super Productive

5. What are the top 3–5 things that keep you from experiencing a flow state?

1. _____ 3. _____
2. _____ 4. _____

6. Are you able to control and direct your focus? Why or why not?

7. What are the three most important tasks and goals that you want to focus on right now?

8. What steps will you take to eliminate distractions? Are you willing to go to extremes?

9. Do you have good sleep and caffeine habits? What could you change in order to strengthen your overall concentration?

10. What does a flow state ritual look like for you? What steps will you follow every single time to ensure you train your mind and body to enter a flow state?
