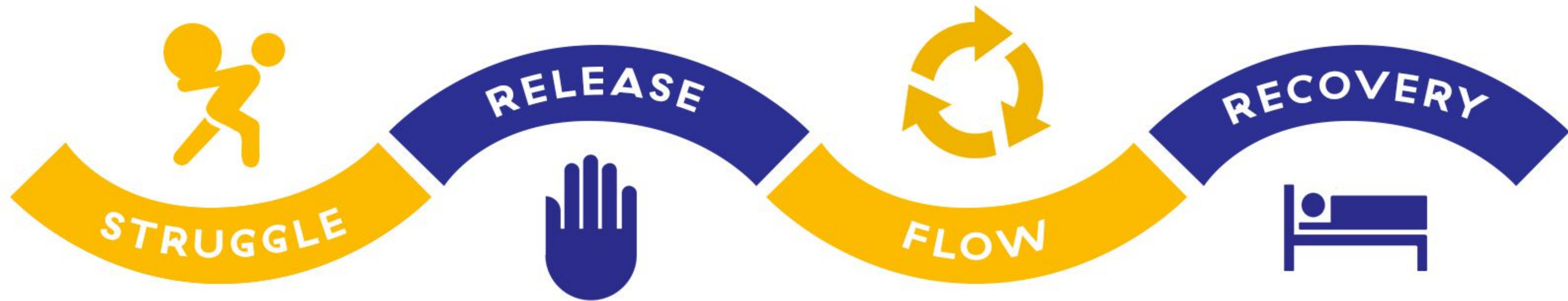


4 STAGES OF FLOW



01

Trying something new for the first time. It's difficult, confusing and requires lots of energy and concentration.

02

You have hit the wall. Stop what you are doing and walk away. Shift gears and take a shower.

03

Go back to what you were working on and get in the zone.

04

Sleep. Take some time out then start pre-loading to ride the next wave of flow.