

A blurred silhouette of a person running on a paved path towards a bright sunset. The path is marked with a yellow line on the left side. The background shows a hazy horizon with some distant structures.

FLOW

STATE

How to be productive and achieve
higher levels of wellbeing

HOW DO YOU ACHIEVE FLOW?

It may seem impossible to concentrate for long periods and actually enjoy the process but it's not.

Here's where to start.



“

Flow naturally catapults you to a level you're not naturally in. It naturally transforms a weakling in a muscleman a sketcher into an artist, a dancer into a ballerina, a plodder into a sprinter, and ordinary person into someone extraordinary.

Everything you do you better in flow, from baking a cake to planning a vacation, to solving a differential equation to writing a business plan to playing tennis to making love. Flow is the doorway to the 'more' we seek. In flow you will find, in manageable doses, all the more you need.”

Ned Hallowell – Harvard Medical School

Have you ever found yourself so immersed in a task that you completely lost track of time? Your focus was so intense that the world around you faded away and all that mattered was the task in front of you.

Your productivity skyrocketed. You were focused on one thing and only one thing for a long period of time. Because your focus was so intense, you made massive progress on that task — much more than you would normally make.

When this happened, your concentration increased. Normally, you find yourself distracted when you're trying to work on a particular task, but not this time. You were so 'in the zone' that absolutely nothing could distract you.

Your enjoyment of the task went through the roof. Because you were so immersed in and focused, you weren't thinking about the things you would rather be doing.

HOW'S YOUR FLOW?

How often do you experience what I just described? My guess would be not very often. Most of us find ourselves extremely distracted when we try to do our work.

Just getting any work done requires a significant amount of effort these days. There are so many interruptions. So many distractions. So many things that take you off the task you're trying to make progress on.

But it doesn't have to be this way. What would you say if I told you that you could reach this state of heightened focus, increased concentration, increased productivity, and overall happiness on a regular basis?

That state is called "flow state" and it's what this report is all about. If you want to achieve maximum productivity, you must understand how to move into flow more often. It's something that sets the highest achievers apart from everyone else.

If you want maximum productivity and maximum satisfaction in your day-to-day tasks, it's important to know how to get into flow.



WHAT IS YOUR 'FLOW STATE?'

“The optimal state of inner experience is one in which there is order in consciousness. This happens when psychic energy — or attention — is invested in realistic goals, and when skills match the opportunities for action. The pursuit of a goal brings order in awareness because a person must concentrate attention on the task at hand and momentarily forget everything else.” – **Mihaly Csikszentmihalyi**

'Flow' is the term psychologists use to describe being 'in the zone'. It could be described as being 'on point' or 'on a roll', or a 'heightened state of consciousness'. Runners call it 'runner's high' and jazz musicians describe it as 'being in the pocket'. It is a ubiquitous condition; we have all experienced it.

Being in 'flow' is an instance where our mind doesn't wander, and we are totally engaged in the moment. It is an almost mystical or transcendent state where you go beyond your sense of self and experience exceptional feats of strength and endurance of creativity. Many people refer to being in 'flow' as exhilarating, with a sense of mastery and control, or a sense of invincibility. In flow, time passes strangely; you feel so immersed in a task or undertaking and three hours feels like fifteen minutes. Surfers speak of how fifteen seconds in a wave felt like fifteen minutes. They were one with the wave and totally present to experience the euphoric sensation of the moment in full and vivid detail.

When you're in flow state, you're completely engaged in the task at hand, to the point where you lose track of time and experience great joy simply in doing the job before you. Everything fades into the background except what is immediately before you, and you focus intensely on a single task without any distractions.

As a person in flow, your mind is 100% engaged. You're completely and totally focused on the work in front of you. Rather than emptying your mind, you are filling it. You are so focused that nothing can distract you from the job in front of you. You've got laser focus and you find yourself in your sweet spot.

Entering flow state is a totally immersive experience. You are fully committed to what you're doing, and you have no room in your consciousness for anything else. You have no room for other thoughts, distractions, tasks, desires, or worries. In flow, every action and decision leads effortlessly and seamlessly to the next. It's like high-speed problem solving; and finding yourself caught up in a river of high performance.

This is how many people say they know they are in 'flow':

TOTAL IMMERSION IN THE TASK AT HAND:

You're so immersed that everything else fades to the background. Being in flow state is highly enjoyable and can turn even the most difficult jobs into pleasant experiences.

INCREASE IN PRODUCTIVITY:

When you're in flow state, your productivity goes through the roof because you're only focused on a single task. You're not trying to multitask and because your energy is focused so strongly on one thing, you make significant progress on it.

NO DISTRACTIONS:

When you truly enter flow state, your brain shuts out everything except what's in front of you. Nothing else seems to matter. You are completely oblivious to the distractions that are flying around you and focused on achieving something that actually matters to you.

LOSE TRACK OF TIME:

Because you're so immersed in your task, you completely lose track of time. This is also why you tend to be more productive when you're in flow. You're able to dedicate more focused time to a task than normal and get significantly more done.

INCREASED ENJOYMENT:

When you're in the right state, you're not thinking about what you're missing out on. You're not thinking about the problems in your life. All your attention is in a single spot, not scattered about by a thousand different thoughts and worries. The result is hyper-productive bliss.

YOU'RE STRETCHING YOURSELF:

You can still challenge yourself when you're in flow, by tackling worthy goals that ask you to use your God-given gifts and strengths. It's difficult to get into flow state when you're working on mundane, tedious tasks.

YOU LIVE A MORE MEANINGFUL LIFE:

The primary benefit of flow state is that it allows you to live a more meaningful life. How? Flow state ensures you dedicate a significant portion of time to tasks that are meaningful and allows you to experience joy while you perform those tasks.

HOW TO ENTER FLOW STATE

“

If you are interested in something you will focus on it, and if you focus attention on anything it is likely that you will become interested. Many of the things we find interesting are not so by nature, but because we took the trouble of paying attention to them.”

– Mihaly Csikszentmihalyi



Human beings, it seems, are at their best when deeply immersed in something challenging.

Find your way to flow with the following steps:

STEP #1

Choose a challenging task. Set a worthy goal that will stretch you and require you to use your skills to the maximum. Your goal with flow state is to make significant contributions to humankind, to achieve something noble and worthy. Something that will make a dent in the world.

STEP #2

Set clear goals around what you're trying to achieve. When seeking to enter flow state, be specific about exactly what you're trying to accomplish during a specific period of time. Set a time limit for yourself and choose what you're going to accomplish during that time.

By putting boundaries on yourself, it forces you to concentrate very quickly, so you don't waste time. Do one thing and only one thing during your period of intense concentration.

It's important to note that you give yourself enough time to get into flow state. For example, if you only have 15 minutes, that's probably not a sufficient amount of time to fully immerse yourself in your task. Deep work takes time to move into.

STEP #3

Cut out all distractions. Put your phone on plane mode. Close your email and silence all notifications. Block social media sites if necessary. Listen to background music that will drown out distracting conversations.

Your goal in all of this is to clear away anything that might distract you from the task at hand.

Remember, you're working towards giving 100% of your attention to a single task. If anything cuts into that attention, it needs to be completely eliminated. Be extremely vigilant about this.

STEP #4

Eliminate multitasking. If you want to enter flow state, it's absolutely essential that you eliminate all multitasking. It can be tempting to try to work on multiple things at once but doing so will absolutely kill your flow. You must give all your focus, drive, and energy to one thing.

You must become so immersed in one thing that all other things fade away. This simply can't happen if you're simultaneously trying to write an English essay, scroll through Instagram, respond to emails and text your parents about dinner.

Do you respect the work you're doing? Do you want to do it with the excellence that inevitably comes

from being in flow state? Then stop multitasking. Your brain simply doesn't have enough power to focus on multiple things at one time.

STEP #5

Strengthen your concentration. If your concentration is wandering, you'll struggle to give 100% of yourself to what's in front of you.

How can you ensure that your concentration is at peak capacity? One of the primary ways is to ensure that you get enough sleep. High-performers know sleep is absolutely essential to peak performance.

They go to bed at a reasonable hour and ensure that they have good sleep habits, like charging your phone outside your room and not using it an hour before bed.

STEP #6

Monitor your emotional state. If you still find it difficult, take a step back and look at your emotions. Are you feeling angry? Frustrated? Worried? Overwhelmed?

If this is the case, you may need to do some work to calm down first before you try to achieve flow. After all, it's very difficult to concentrate if you're feeling extremely angry. At times, your emotional state will govern whether or not you can enter flow state.



CREATING A FLOW STATE RITUAL

One thing that can be extremely helpful is creating a ritual or series of actions that you perform every single time when you're seeking to enter your flow state. When you begin this series of actions, it's a sign to your body that it's time to focus and work well.

The ritual is a trigger — an indicator to your body and brain that something important is about to happen. The more you perform the ritual, the more your body interprets it as a sign to enter flow state and the easier it is to get into it.

Your ritual might look like the following:

- **TAKE 10 DEEP, CLEANSING BREATHS**
- **SAY A BRIEF PRODUCTIVITY AFFIRMATION**
- **CLOSE YOUR DOOR**
- **CLOSE YOUR EMAIL**
- **TURN YOUR PHONE ON AIRPLANE MODE**
- **MUTE ALL NOTIFICATIONS ON CHAT APPLICATIONS**
- **BEGIN**

Every time you want to get some serious work done and enjoy doing it, follow this exact series of steps. In doing so, you're training both your body and your brain. This makes it easier for you to get into a state of optimal focus and productivity.

Give it a try on a small scale; choose an activity you love and follow the advice to see if you can find flow, even if it's only for half an hour to start off with.



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