

absorbed doing

a flow mode

Absorbed doing is like cruising the open roads. Time passes by quickly and you might be in the 'zone' because you are so engaged in what you are doing. Flow mode feels good, and you can deal with challenges as they arise.

What activities do you enjoy doing and can get totally absorbed in?

Note – you might experience flow in creative, physical, social or intellectual activities



Creating time and space for flow mode

How can you create more opportunities for flow-mode activities in your everyday life?

Use the space below to plan some time and space for at least one flow activity each day.

Capture what you will do, when the best time to do this is, how long it will take, and what you will need (this could be a work or leisure related activity).

Getting into flow mode

Flow states are more likely to happen if you are in a calm and alert state and your environment supports full engagement. Try creating a ritual or process for getting into flow mode when doing one of the above activities. List some steps you could take in the space below.

Things that might help include: 1) doing some deep breathing and gentle stretching to calm your nervous system before starting the activity, 2) have a clear vision or goal of what you want to do, and an idea of how to reach that goal, 3) ensure the activity has enough challenge to hold your attention, but not too much to feel overwhelming or impossible, 4) have the necessary equipment ready to hand and remove distractions (including your phone). Some people find listening to music or grounding exercises also helps them focus.