

WAKE UP & FLOW

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Most morning routines sprawl and delay real work until 10-11am leading to productivity guilt and wasting your most precious work hours.

The goal of any routine is simple: **increase flow proneness**. And biology already gives you a free window where your flow proneness is highest—the first minutes after waking up.

WHY "WORK FIRST" BEATS ELABORATE ROUTINES

■ **LOWEST COGNITIVE LOAD ON WAKE = FEWER
COMPETING THOUGHTS → EASIER FLOW**

■ **SLEEP-ADJACENT BRAIN WAVES
(DELTA/THETA) SIT NEAR FLOW'S ALPHA-
THETA SIGNATURE—MAKING IT EASIER TO
DROP INTO DEEP WORK**

The mistake: biohackers **burn the free flow window** on long recovery routines; but hustlers **skip recovery** and burn out.

THE TWO-PART FIX: WAKE UP & FLOW → THEN RECOVER

STEP 1 – WAKE UP & FLOW

- Within **60–90 seconds** of waking, start your **highest-priority task**.
- Expect ~15 minutes of struggle; then flow kicks in.
- Work **1–3 hours** in a single, protected block.

STEP 2 – INVERTED MORNING ROUTINE (RECOVERY AFTER WORK)

- After the block, do your recovery stack: meditation, breathwork, cold/heat, walk, sunlight, journaling, etc.
- You capture the natural a.m. flow window *and* rebuild the chemistry to do it again in the evening.

TWO EXECUTION DETAILS THAT MAKE THIS WORK

NIGHT-BEFORE SETUP

Define the tasks you'll dedicate to your morning flow block the night before, outline all steps into clear micro-goals, and open the necessary files on your computer so that when you awake you'll have zero friction to start.

TIME ALLOCATION

Protect the first **1-3 hours** of your day. Make it distraction free (from Phone to Meetings). Then calendar the post-block recovery so you never skip it.

You'll start most days with 2–3 hours of real progress (that's **x5 more effective because of the morning flow state**) before the world wakes up—then you'll recover and do it again in the afternoon.