

# Finding Your Flow

“During a peak experience, the individual experiences an expansion of self, a sense of unity, and meaningfulness in life. The experience lingers in one’s consciousness and gives a sense of purpose, integration, self-determination, and empathy.”

Mihaly Csikszentmihalyi (pronounced Me-high, Chick-sent-me-high)

“Being so involved in an activity that nothing else seems to matter. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you’re using your skills to the utmost.”

Kolter on Dopamine

<https://docs.google.com/document/d/1hcw69JHn5ja1e0C0VEeHdHHgXtVQximvPQknOY2WIHI/edit?usp=sharing>

Flow is an optimal state of consciousness -where you feel & perform your best

## **It involves a combination of these traits:**

- 1/ Rapt attention, total absorption
- 2/ So focused, everything else disappears
- 3/ Action & awareness merging
- 4/ Sense of self vanishes
- 5/ Time distorting (speeding up or sometimes slowing down)
- 6/ All aspects of your performance -mental & physical- at their height

## **Quick recap**

The meeting focused on discussing the concept of flow states and how to optimize for them in personal and professional life. Annie introduced the topic, sharing insights from researchers like Maslow, Csikszentmihalyi, and Kotler, and explained the characteristics of flow states. Participants shared personal experiences and triggers for entering flow, including music for

Alex, presence and intention for Pamela, and structured planning for Minka. The group explored how different activities and mindsets can lead to optimal states of consciousness and performance, with Annie encouraging everyone to identify and share their unique flow triggers with family and friends for support. The session concluded with an invitation to continue exploring and optimizing for flow states in daily life.

## Summary

### **2026: Focus, Self-Advocacy, and Reinvention**

Annie led a discussion about flow states and personal growth, sharing insights from her client Stephen Cutler. Minka shared her positive outlook for 2026, feeling more focused and aligned with her priorities after completing rehabilitation. Pamela reflected on her own history of reinvention following a car accident, emphasizing the importance of recognizing and leveraging past experiences. The group discussed the theme of 2026 as a year of focus, self-advocacy, and reinvention.

### **Corporate Proposals and Value Creation**

The group discussed Alex's submission of a corporate proposal, which is currently in the possibility space after a year and a half of work. Annie shared a meditation technique for sending energetic proposals, emphasizing the importance of marketing with a clear value proposition. Sarah-Jane described her experience with setting intentions for her programs, and Annie advised her to focus on the benefits for potential clients. The conversation concluded with Annie discussing the concept of flow and its importance for creating value in the world.

### **Understanding and Optimizing Flow States**

Annie led a discussion on flow states, drawing from theories by Freud, Skinner, Maslow, and Chiksentmihai to explain how intrinsic motivation and peak experiences drive high performance. She emphasized the importance of identifying and optimizing for personal flow states, which can be influenced by factors like music, presence, and structure. Participants shared their experiences with flow, highlighting the role of intention, alignment, and external triggers. The session concluded with an invitation to discuss flow states with family and friends to create supportive environments for optimizing these experiences.