

Exercise

Coach Gym VCA: Groups of 3- 15 min each, pick a timer

We're looking for times in our life when we've had the most "flow" -acute presence, outside time, full consciousness, functional prowess

1. **Coach:** *What are three times in your life when you acted (& were) the absolute best, most admirable and impressively cool & fluid? (performance-wise)*
Eg: helping someone in an accident, getting off an addiction, steering a boat in windy water, birthing a child, running a marathon
2. **Coach:** What was common across all three instances? (include subjective similarities, and specifically ask about characterizing physical sensations in their body, so that you help client generate the motivated/ flow state in real time during breakout session)
3. **Coach:** How can you consciously harness & apply this knowledge going forward? -personally, professionally.

Flow is an optimal state of consciousness -where you feel & perform your best. It involves a combination of these traits:

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