
FLOW ACCESS GAME PLAN

→ Quick Start Guide to Hitting Flow More Often – Without Burnout

Why Flow Matters

Flow isn't about cramming in more hours. It's about creating the conditions where your best work happens almost effortlessly – clarity sharpens, distractions fade, time bends.

Most people try to force flow by grinding harder. That's like sprinting at the start of a marathon. You'll burn out before you reach the good stuff.

This guide helps you:

- *Trigger flow on demand*
 - *Stay deeply focused without draining yourself*
 - *Build a rhythm for sustainable high performance*
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Five Proven Triggers to Switch on Flow at Will

1. Clear Goals – Right Now

Flow hates vagueness. Your brain needs to know exactly what winning looks like.

- *Pick one clear, measurable goal for the next 45-90 minutes.*

2. Challenge/Skill Sweet Spot

Flow lives between boredom and panic – right where your skills are stretched but not snapped.

- *Rate the challenge 1-10. Adjust until it's a 6-8.*

3. Zero Distractions

Every "just quickly" costs 23 minutes of deep focus.

- *Phone off. Tabs closed. Notifications gone.*
- *Use a "flow signal" – headphones, closed door, coffee mug – so folks know you're locked in.*

4. Ritualise Your Start

Rituals prime your brain for performance.

- *Play the same song, sip the same drink, stretch the same way before each deep work session.*

5. Work with Your Ultradian Rhythm

Your brain runs in 90-120-minute cycles. Push past that, and quality crashes.

- *Go deep, flight mode, for 90 minutes, then recover fully before the next block.*

Three Core Conditions for Effortless Output

- Quiet Mind → Tame mental chatter with a breathing drill or mental fitness rep.
- Primed Body → Hydrate, move, and align your physical setup to signal focus.
- Aligned Environment → Light, noise, temperature, and posture all influence flow.

Your Quick Start Flow Plan

Mon-Fri:

- AM: 1 × 90-min deep work block (highest-priority task)
- Midday: Admin, meetings, lighter creative work
- PM: Optional 90-min deep work block
- Evening: Active recovery (walk, gym, stretch)

Sat:

- Passion project, hobby or exercise in flow (low stakes, high joy)

Sun:

- Recovery, review, reset – plan your flow blocks for the week ahead

Next Step: Activate Your Performance Engine™

Flow is just one pillar.

Inside the Performance Engine™, you'll also master Recovery and Mental Fitness – so you can perform at your peak without burning out.

👉 Step 1 > Take the free 5-minutes [Saboteur Assessment](#).

NB: Pls select "Yes" to the question "Were you referred by a coach?"

It's revealing, insightful, and usually sparks some big "aha" moments around the mental patterns that may be quietly holding you back.

👉 Step 2 > Let's decode your top Saboteurs on a complimentary [Saboteur Discovery Session](#).

👉 Step 3 > [Activate Your Performance Engine](#)

