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## FLOW CYCLE MAP

→ Your guide to mastering the rhythm of peak performance.

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The Flow Cycle Map is your snapshot of the 4 phases every high performer moves through – and the hidden lever in The Performance Engine™ for making Flow a trained, repeatable state. This is one piece of the full system.

The Flow Cycle isn't random.

It's a repeatable, trainable sequence your brain and body move through on the way to high performance.

When you know the stages – and how to work with them – you can hit Flow more often, recover faster and perform without burning out.

Okay, let's go surfing!

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### Stage 1: Loading the System

Struggle > Paddling out through the surf – it's hard work, physical and mental

→ What it feels like: Frustration, resistance, heavy mental load.

→ Why it matters: Your brain is gathering data, testing skills, and stretching to meet the challenge.

→ Peak Move: Don't bail. Break your task into chunks, push until you feel the tension rise – then step away.

### Stage 2: Release – Letting Go to Break Through

Release > Sitting and waiting for the wave – letting go of tension, dropping into presence.

→ What it feels like: A sense of lightness as tension eases.

→ Why it matters: Stepping back lets your subconscious process the load from Struggle.

→ Peak Move: Switch to a low-cognitive task, get outside, or use a breathing protocol (see Flow Breathwork) to open the gate into Flow.

### Stage 3: Flow – Deep Immersion, Effortless Output

> Flow = Catching and riding the wave – you're in rhythm, fully immersed.

→ What it feels like: Time distortion, total focus, high-speed problem-solving, creativity firing.

→ Why it matters: This is where peak performance happens – fast, fluid, and repeatable when trained.

→ Peak Move: Protect this time. Block distractions, ride the wave, and don't multitask.

## Stage 4: Recovery – Refuel to Repeat

- > Recovery = Resting after the ride – integrating, resetting for the next cycle.
- What it feels like: Mental and physical fatigue, drop in intensity.
- Why it matters: Flow burns a lot of energy; skipping recovery kills your ability to hit it again.
- Peak Move: Schedule recovery on purpose – active rest, breathwork, nutrition, and movement resets.

### How to Use This Map:

1. Identify your current stage during the day.
2. Apply the matching Peak Move to move forward.
3. Track patterns so you can plan work around your natural Flow rhythm.

## Next Step: Activate Your Performance Engine™

Flow isn't random – it follows a predictable rhythm you can train. The Flow Cycle Map gives you the keys to ride each stage with intention, so you can hit peak performance more often, recover faster and repeat without burnout. Inside The Performance Engine™, we'll show you how to master each stage and make Flow a repeatable advantage in your work, life and play.

👉 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](#)

