

3 STRATEGIES TO ACHIEVE FLOW



Flow is an optimal state of consciousness where one becomes fully immersed in an activity, leading to increased performance and well-being.

Strategy 1: Calibrate Task Difficulty

Easy tasks? Result: Boredom.

Balanced challenge? Result: **Flow** state.

Overwhelming tasks? Result: Anxiety.

Strategy 2: Set Clear Objectives

Vague objectives? Result: Confusion, wasted efforts, and mental roadblocks.

Precise objectives with process-focus? Result: **Flow**.

Obsession over goals and process? Result: Fixation and stagnation.

Strategy 3: Master Single-Tasking

The pitfalls of multitasking:

- Diminishes productivity by up to 60%.
- Hampers memory retention.
- Increases error rate.
- Induces feelings of overwhelm.
- Alienates others due to constant stimuli addiction.
- Stifles creativity.

The advantages of single-tasking:

- Enhances productivity and focus.
- Augments memory retention.
- Reduces chances of errors.
- Elicits feelings of calm and control.
- Strengthens relationships through attentive interactions.
- Fosters creativity.



FLOW
&
LEADERSHIP

*Embrace these strategies to unlock the benefits of **Flow** in leadership and ensure both personal and team excellence.*

SOURCE: Flow strategies influenced by Ikigai: The Japanese Secret to a Long and Happy Life by Hector Garcia & Francesc Miralles

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