

11 Flow Triggers (to Induce Flow State)

"Flow triggers" are actions or attributes that can help you enter a state of flow more easily. Try adding the following triggers to your activity.



1. Have a clear goal: Have a clear goal in mind.

2. Challenging, but not too challenging: The activity needs to test your abilities, while still being within the realm of the possible.

3. Follow your passion: You're more likely to enter a state of flow in the context of something you're passionate about.

4. Concentration: Make sure you're not juggling tasks. Make a conscious effort to focus on this one thing.

5. Complexity: Not only should the task at hand be challenging, but it should have some level of complexity.

6. Unpredictability: When you don't know what's going to happen, the level of difficulty and concentration increases.

7. Creativity: Use your skills of creativity and improvisation. This allows you to get lost in the creative process.

8. Shared goals with group: In order to enter the flow state together with a group, work towards the same goals in a supportive environment.

9. Work at the right time of day: Make sure you're working at a time of day that supports the energy you need.

10. Listen to music: Music can help to create an environment conducive to flow state.

11. Remove internal and external distractions: Journal about anything that's on your mind, to clear your head. Find a way to block external noises and distractions.