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.