

Creating Flow

GoSkills online course syllabus

Skill level

Beginner

Lessons

22

Pre-requisites

No prior experience needed

Video duration

44m

Estimated study time

44m 33s

Instructor

Christina Vo

Introduction

- 1** **Creating flow in your life**
Creating flow allows you to be more productive and more intentional with your work.

How to Get in a Flow State

- 2** **Every moment can't be a flow state**
Flow is about concentrated periods of time, not necessarily every moment of your life.
- 3** **Everyone can all experience flow**
The capacity to experience flow differs from person to person.
- 4** **The 8 conditions for flow**
There are 8 conditions that can help you define and identify whether you are in a flow state.
- 5** **An optimal state of being**
If you look at flow and link it to an optimal state of "being" you can have a more expansive idea of how to create more flow in your daily life.

Your Guides to Connect with the Flow State

- 6** **The importance of meditation and stillness**
Meditation can bring you back to the present moment more than any other activity or endeavor.
- 7** **Reflecting on what brings you joy**
Deep reflection provides you with a broader context of your daily life and the areas that bring you joy.

8 Pay attention to your body
Your body often provides many signals as to how you're really doing and feeling in life.

9 Your human relationships as a container for flow
Flow tends to be associated with work, sports, projects, creative endeavors, etc., however in this lesson you'll see flow as it pertains to human interactions and relationships.

Finding Flow in Work and Business

10 Remembering your why
It's important to always remember your bigger "why" to guide you to deeper flow states.

11 Designing your work days
One of the most important conditions of flow is being completely immersed with the task at hand.

12 Creating flow projects
Not all jobs will enable you to find an optimal flow state, however, you will always be able to find moments of deep concentration in whatever you do.

13 Feedback loops and goals
An integral part of being in a flow state is being able to receive feedback and expand growth.

Flow and Passion, Purpose and Creativity

14 The connection between passion, purpose and flow
When we feel passionate and purposeful, we can certainly feel like it's easier to get into a flow state.

15 Why creativity is so important
We are all born creative, even if we don't think that we are.

16 Creative ways to find flow in your daily life
Our whole lives are a creative process, whether we believe that or not.

How to Create More Flow in Daily Life

17 **Starting with the big picture**
Every morning provides us with an opportunity to find flow.

18 **Cultivating mindfulness**
An everyday practice of cultivating mindfulness can easily bring us back to an awareness of the present moment, which will ultimately be able to help support our flow states.

19 **Scheduling downtime**
One thing we've learned from coronavirus is that we've all been moving at a pace that's too quick and that causes us to forget what we're working toward.

20 **Connecting with nature**
If there's anything that can slow us down and force us to connect more with the world around us, it's being in nature.

21 **Acknowledging your progress**
We sometimes don't make it a point to appreciate how far we have come in our lives and projects.

Conclusion

22 **Your path to flow**
This conclusion will provide an overview of the course and the ways that flow can be gracefully introduced in your daily life.

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