

AIM DEEP DIVE: OPTIMIZATION AND FLOW

Pre-work:

When have you experienced flow?
Personally? Professionally?

Reflect on two specific flow experiences:

What were the conditions that contributed to your state of flow (e.g., setting, time of day, focus, pressure, conditions)?

While we can't control flow, we can increase the odds of experiencing flow.

What aspects of your workplace help / hinder your ability to prepare, struggle, release?

What changes could increase the time you spend on preparation, struggle, and release?



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Small Groups:

What are your flow triggers?

- What work conditions facilitate flow?
- What activities / projects increase your likelihood of flow?
- What boundaries might optimize flow?

What are three changes to your work space / rhythm that could increase flow?

- Operating @ a 4?
- Trusting relationships?
- Clear boundaries?
- Genuine heat?



Ideas → Action

Track where you are spending time:

- 5 stages of flow
- Comfort zone, learning zone, terror's edge
- Identify 3 levers to create more time on the wheel
- Create one flow-optimized work session

AIM DEEP DIVE: INTEGRATION & APPLICATION

Pre-work 1:

As part of the final week's focus on integration and application, first take 5 minutes to complete our [exit survey](#).

This is a chance for you to reflect on the insights and tools you've encountered over the past 10 weeks, and an opportunity for us to gain feedback on the AIM Leadership Deep Dive program.