

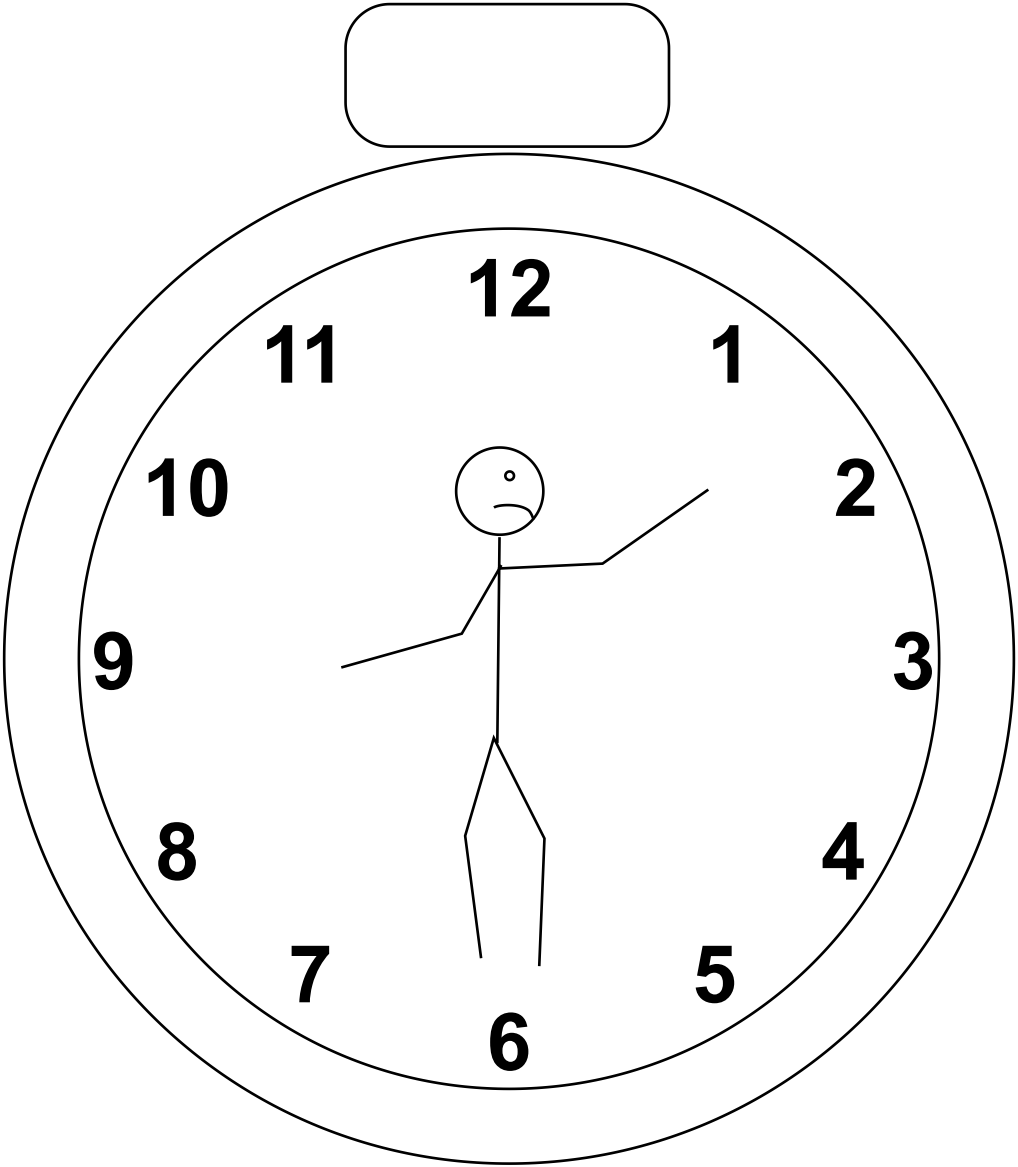
# What You'll Learn...

- Why time is “all in your head”, and how to magnify the amount of time you have, just by changing your mental state
- How to create natural states of “flow”, where you move quickly and without hesitation to **get things done in far less time** than normal.
- How to **organize your time** and work to maximize flow and minimize struggling and “time pressure”
- Your personal “K-Sen” (action style), and how it determines the best way for you to get yourself to take **action!**
- The keys to **starting** — and **finishing!** — absolutely anything

# What You'll Need...

- A **deck of playing cards** so you can do the “flow” exercises
- This handout, and the corresponding CDs
- A pen or pencil to take notes and to fill in the blanks on these pages
- A **willingness to let go** of your beliefs about how much (or how little!) time you have, and the idea that you have to hurry to get everything done.

**TIME IS A \_\_\_\_\_**





# **The State of Flow**

## **The Prerequisites for Flow**

# Bu-Ra! Creating the Flow State

**B** \_\_\_\_\_

**U** \_\_\_\_\_

**R** \_\_\_\_\_

**A** \_\_\_\_\_

# What's your K-Sen for Action?

1. K-Sentient,

2. K-Centered, or

3. K-Sensitive?

# What's your FLOW sense?

**1. V**

**2. A**

**3. K**

# Having a Problem? Remember to ask:

**W** \_\_\_\_\_

**A** \_\_\_\_\_

**Y** \_\_\_\_\_

**M** \_\_\_\_\_

**I** \_\_\_\_\_

**S** \_\_\_\_\_ ?!

**H**

# **The 3 Questions Your Brain MUST Have Answers for, Before It Will ALLOW You To Act**

**1. \_\_\_\_\_ this be \_\_\_\_\_ \_\_\_\_\_ ?**

**2. Am I \_\_\_\_\_ \_\_\_\_\_ to \_\_\_\_\_ this?**

**3. \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ this?**

# Timeboxing and Sprinting

**1.**

**2.**

**3.**

# Sprinting: Don't Stop When...



1. On a \_\_\_\_\_ sub-part

2. On a \_\_\_\_\_ or \_\_\_\_\_

3. After \_\_\_\_\_

In other words, NEVER

\_\_\_\_\_ a \_\_\_\_\_!



# **Wrap-up and Feedback**

**(Answer as if you were speaking to a friend who didn't attend the workshop)**

**1. Would you recommend this workshop to a friend? What would you tell them about it?**

**2. What are you going to start using immediately?**

**3. What kind of difference will it make to your life?**

**Send answers to [feedback@dirtsimple.org](mailto:feedback@dirtsimple.org)**