

Checklist for Flow

Use this checklist right before you jump into your work at least once a day for the next week.

Is your phone on silent or in another room? _____

Have you turned off Facebook, e-mail, etc.? _____

Are you isolated from outside distractions? _____

Have you had water recently? _____

Do you feel tension anywhere in the back of your body (legs, lower back, shoulders, neck)? _____

At what time will you take a break? _____

Do you feel eager and excited about what you're about to do? _____

Do you have everything you need to start and finish this task? _____

Are you clear about what you want to do? _____

Can you easily achieve your goal within the time you set? _____

Write your intention for what you want to achieve in this block of time.
