



# The Optimal Experience of Flow

- Sit calmly for a moment before beginning the task.
- Recall the basic fact that at a mind at peace is a brain working at its absolute best. Let go of any anxiety or tension and be at peace. Feel your brain light up with power and energy to give you everything you will need to succeed.
- Next, just for a moment, feel the simple joy of being alive. Feel gratitude for the creative gifts you possess, which each new challenge invites you to realize and increase. See the task before as an opportunity to stretch your creative wings.
- Now bring to mind your goal for the task or project. Feel how the simple sense of joy and gratitude merges with your goal to inspire you with the enthusiasm to excel.
- Place your faith in your peaceful, joyful attitude. Imagine it forms an arrow headed straight for the bull's eye.
- As you step to the task, let go of the outcome and trust the process ... completely.

