



## Prepare for Five Days of Flow

**Getting into flow state is not something that happens ‘by accident’.** The worst thing a writer can do is “wait for inspiration”. Those are the writers that rarely get their writing done. You want to train your brain, body and spirit to easily access your muse and have inspiration come to you whenever you need or want it.

My Three C’s method: “Courage, Consistency and Compassion” is the key to getting into Flow-State as a writer. ***You must have the courage to show up, the ability to be consistent and to access self-compassion in your journey.***

### **Does Flow State Mean Relaxed State?**

Not usually. Most people assume that relaxation makes them happy. They want to work less and spend more time laying around on a beach. However, studies reveal that most people have this wrong. Most people are at their happiest when they are in a state of flow, but flow doesn’t necessarily mean easy. Flow is when you are fully immersed in a challenging task, like writing, and you stick with it.

### **How to prepare for Five Days of Flow Writing:**

#### **1) Eliminate All External Distractions**

In order to reach flow state as a writer, you first must eliminate all external distractions. What do you consider a distraction? Example: shut off your phone, close your door, or put on headphones with light music if you are in a place where others are in the same room as you. Put a “Do not disturb” sign on your door and explain to anyone in your home or office that you would not like to be disturbed for 30 minutes - unless it is a life or death emergency.

#### **2) Eliminate Internal Distractions**

Besides eliminating external distractions, you also need to eliminate internal distractions if you want to reach flow state. Whenever you have too much on your mind, it’s harder to keep your



mind focused on writing. If you think this will happen to you please spend five minutes **BEFORE our class to journal** anything and everything that's on your mind. Everything from what you have to do, to grocery lists, to your feelings about someone who is annoying you, or people who you need to call or contact. Get all of your frustrations and concerns out of your mind and onto a page. It's recommended that this is best done with pen and paper.

**3) For these five days together (or if you just join for a few days) I want you to work on one writing project.** Pick one specific writing project that is doable to reach by Friday. It could be one chapter, or one page of one chapter. It could be five poems, or just one poem, or it could be an essay or a blog. If you'd like to share and tell us what you are working on you can do that in the chat section when we begin.

**4) The writing task must be challenging enough, but not too challenging**

If you want to reach flow state, the task that you're working on must be challenging enough for your brain to be fully engaged, but not too challenging that you get stuck or have to do a ton of research. If a task is too easy, you'll be bored quickly and your mind is likely to wander, so you won't reach flow state. However, if a task is too hard you'll likely get overwhelmed and you won't be able to achieve what is necessary for flow state.

**5) Have A Clear Outcome or Goal**

Whenever you lack clarity about what you want to accomplish, your brain will struggle to get into optimum concentration. Therefore, clearly set out what you'd like to accomplish to avoid this mental hurdle. Think about it this way **if these *Five Days of Flow* were to be the best use of your time what would you accomplish at the end of the five days?**