

# Flow States and Pure Performance



## Objective

To introduce the concept of flow and its role in achieving pure performance, and to help participants identify and enter flow states in their activities.



## Introduction to Flow

**Understanding Flow:** Introduce the concept of flow and its impact on performance. Discuss the conditions that facilitate flow, such as clear goals, immediate feedback, and the challenge-skill balance.

## Activities:

### Feedback Exercises

**Immediate Feedback Scenarios:** Engage participants in timed drills or skill challenges where they can receive immediate feedback. Encourage peer feedback to enhance learning and adjustment.

### Challenge-Skill Balance Activities

**Skill Level Assessment:** Design tasks slightly above participants' current skill levels to push them into the flow channel. Adjust difficulty based on individual capabilities to maintain the optimal challenge-skill balance (e.g. 4% higher challenge than current skill ratio).

### Goal-Setting Workshops

**SMART Goal Setting:** Guide participants in setting clear, achievable goals using the SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound).

## Reflective Discussions

**Flow Experiences:** Facilitate discussions on personal experiences of flow and how these can be replicated in sports and daily activities.

## Integration and Application

**Action Plans:** Encourage participants to create action plans for integrating flow-enhancing practices into their routines (eg. introduce ACT Choice Point).

