

Triggering Flow to Do the Impossible

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What happens in our brains when we reach peak human performance? Wherever we see the impossible become possible, we are seeing a state of consciousness known to researchers as **flow**. Also known as “runner’s high” or “being in the zone,” flow refers to the moments of rapt attention and total absorption where we get so focused on what we’re doing that everything else seems to disappear.

Put simply: Flow is an optimal state of performance where we feel and perform our best.

You know you’re in a state of flow when you have total concentration on the task at hand. You experience a merging of action and awareness and feel a loss of self. Studies show flow states can be triggered, too.

MAIN POINTS

1. Flow makes what seems impossible, possible. It allows us to access levels of peak human performance we could never imagine and go after what seems impossible.

2. Flow can be triggered. It results in major boosts in motivation, productivity, learning, creativity, innovation and more.

3. Flow is contagious. When you drive yourself into flow, you also drive your team into flow and everyone steps closer to peak performance.

“Flow follows focus; it only shows up when all of our attention is focused in the right here and right now on the task at hand.”