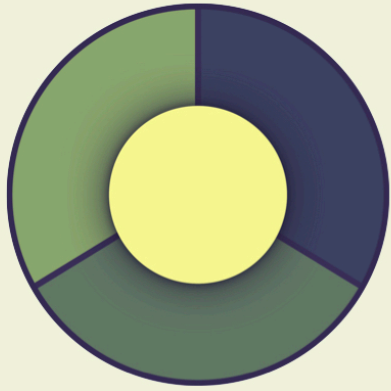


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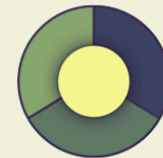


# Flow

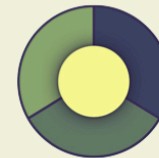
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# Elements of Flow

1. Clarity
2. Achievability
3. Challenge
4. Agency
5. Ability to Focus
6. Timelessness
7. Intrinsically Motivating



# Flow Wheel

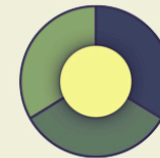
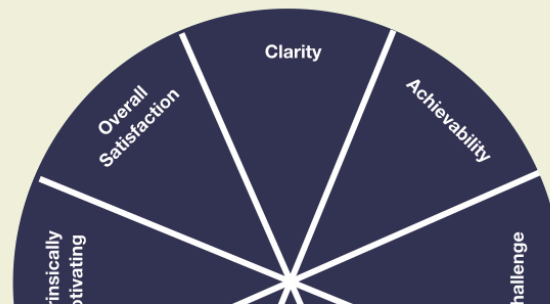


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# Clarity

## How clear is the work/task for the client?

1. How clear are the responsibilities involved?
2. How well do you know how to be successful with this work/task?
3. What do you need to know in order to have clarity with this work/task?

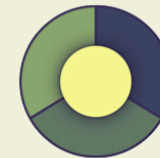
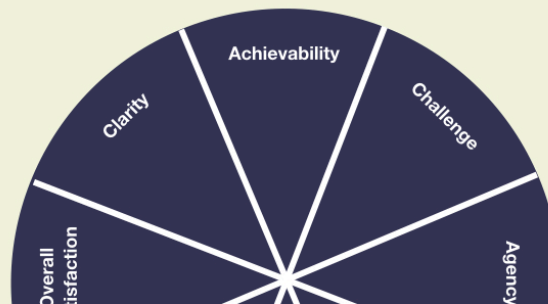


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# Achievability

## How doable is the work/task?

1. How confident are you in completing this work/task?
2. How doable does this work/task feel?
3. What would you change about the work/task to make it more achievable?

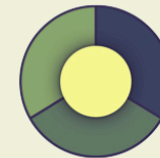


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# Challenge

## **Does this work/task feel like an optimal level of challenge?**

1. How challenged do you feel by this work?
2. How balanced is the difficulty in getting this work done?
3. What would need to change in order for this to be more/less challenging?

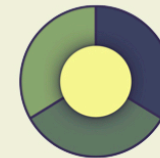
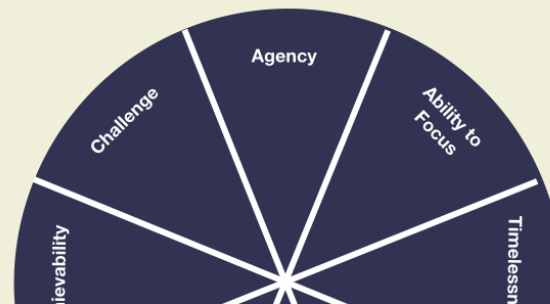


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# Agency

## **How much say does the client have in this work/task?**

1. What level of involvement do you have in directing your work?
2. How much say do you have with this task?
3. What would it take to be able to make adjustments?



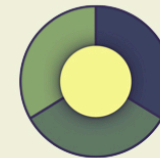
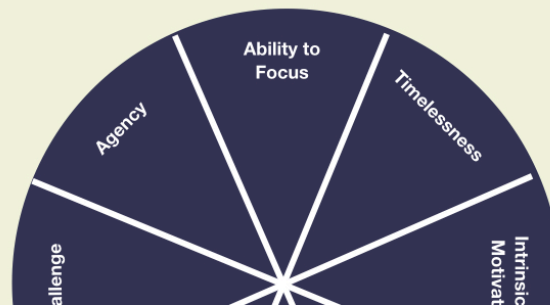
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# Focus

## How well does the client focus while doing the work/task?

1. How often do you find yourself distracted during work?
2. What about this task draws your focus?
3. When do you find yourself most distracted with this task?
4. What can you change about the setting to create more focus?

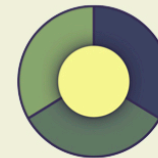


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# Timelessness

## How does the flow of time feel while doing this work/task?

1. What would happen if you did lose track of time with this work? (Is there enough space to lose track of time?)
2. How does time feel when you do this work?
3. What part of work feels most slow?
4. What part of this task feels most timeless/fast?

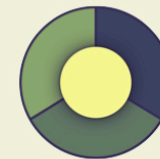
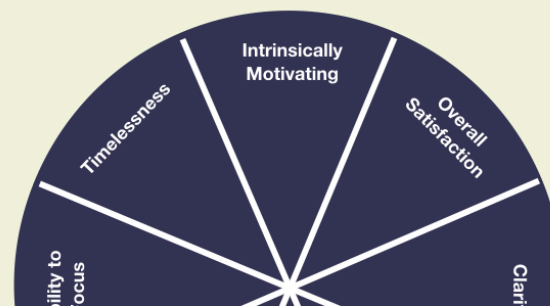


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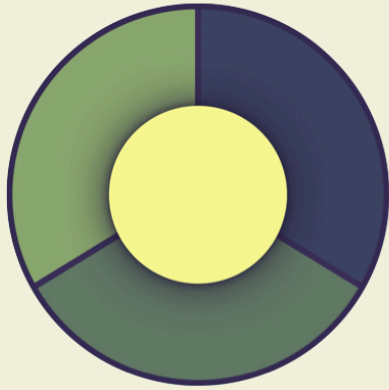
# Intrinsically Motivating

## How engaging is the work/task in and of itself?

1. What part of this work is just plain fun?
2. What part of this work would you most prefer to pay others to do?
3. When do you most feel like you are enjoying this work?
4. What is a task you are intrinsically motivated by? How might this task and that task mix?



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# Flow

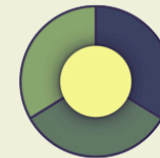
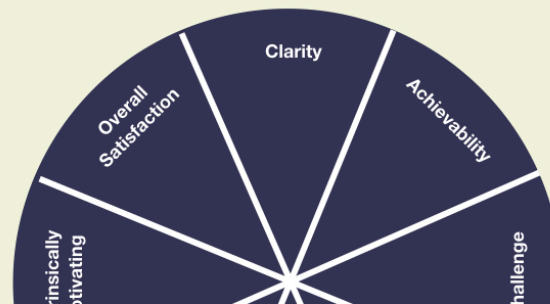
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# Clarity

## Is my approach clear?

1. How clear is the agenda setting process?
2. How clear is the agreement once we have discussed it?
3. How clear am I being?
4. What would it be like to hear my questions?

## What could I do to be more clear?



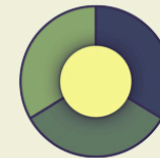
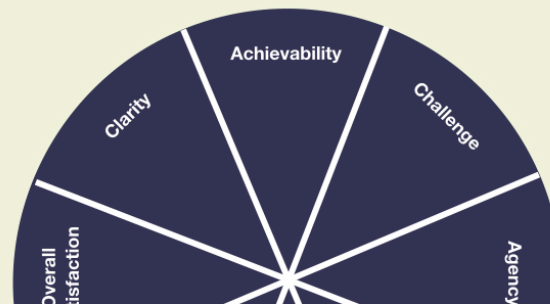
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# Achievability

## **Does the client feel like coaching is doable?**

1. If I were the client, would I feel like I can “win” with coaching?
2. How often do my clients leave with a sense of accomplishment from the session?
3. How well do I highlight that accomplishment?

## **What could I do to help make coaching more doable?**



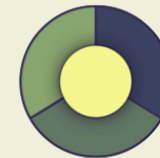
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# Challenge

## **Is my coaching in the “sweet spot” of challenge?**

1. Are my questions too simple and leading?
2. Are my questions too long or complicated?
3. What is more important to me: pushing my client, or making the coaching process work for me?

## **Am I willing to adjust the challenge for the client?**



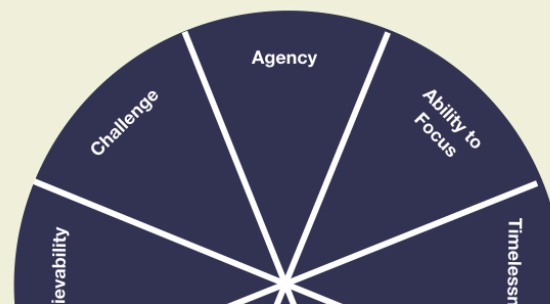
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# Agency

## How much say does the client have?

1. How do the agendas reflect the diversity of thought of my clients (as opposed to following my patterns)?
2. How often do I challenge the client to check in on the direction of the session?
3. What can I do to avoid solving the problem as the coach?

## How can I lean in to helping the client lean in?



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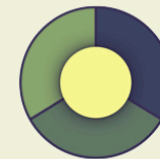
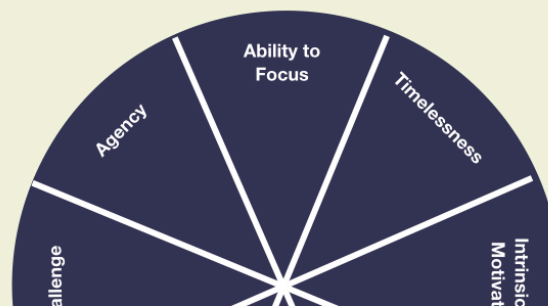


# Focus

## **How well can the client focus during our session?**

1. What distractions might I be creating (tech, setting, behavior, etc.)
2. What distractions might be on the client's side?
3. What could make focus even stronger?

## **How can I co-create a more focused experience?**



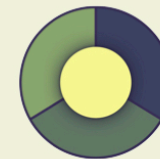
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# Timelessness

## How are we balancing time and trust?

1. How confident can the client be in my holding the space in a timely fashion?
2. How do my offers/schedule create or detract from making a timeless experience?
3. Do I need to challenge my client in making a more timeless space for themselves to think?

## How can I create a timeless space?



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