

Create More Flow

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A discussion guide for the Simple Scrapper Book Club.

QUOTE // “Flow is not just about feeling better, which means living better. Flow is not just about increasing productivity and creativity. Flow is essential for the well-being of individuals and communities.”

QUOTE // “It is about finding and sustaining that optimal place where we are engaged, moving forward and loving every minute of the process.”

QUESTION // Q1. Have you ever read anything or thought about “flow” before?

QUOTE // “Overwired: We are “wired but tired.” We are tuned into everything, but focused on nothing. • Distracted: We have more priorities than we have attention, time and energy. • Exhausted: We have blurred work/life boundaries and this results in no real down time. We are working longer hours with fewer results. • Disengaged: Although we are working longer hours and interacting with more people, we feel more isolated, more dejected, and less effective.”

QUESTION // Q2. Which of these barriers to flow most resonates with you?

QUOTE // “As you work towards creating more flow, challenge yourself to explore different mediums and approaches and move beyond your comfort zone to cultivate new capacity.”

QUOTE // “Adopting a growth mindset is about choosing the road not-yet-traveled more often and doing so intentionally to move toward achieving your goals.”

QUESTION // Q3. What is one thing you’ve tried to be more productive or feel more creative?

QUOTE // “Mental Bandwidth : This is when you feel agile, effective, focused and able to think deeply and in different ways. You have the cognitive capacity to think.”

QUESTION // Q4. Think to a time when you had full Mental Bandwidth. What were some of the circumstances?

QUOTE // “Collating is about bringing order to the chaos in our lives. Creating the habit of collating is perhaps the greatest gift you can give to yourself and those around you. This is the habit of carving out time every day to write down everything floating through your mind (e.g., new ideas, to dos, reminders, etc.). Ideally you build a habit to do this once in the morning as you transition to work and once in the evening as you transition home. I also recommend doing this anytime you notice yourself becoming unfocused or spinning your wheels.”

QUESTION // Q5. Is this a habit you have used or tried? If so, what do you call it?

QUOTE // “Break big projects into smaller subtasks, chunks or sprints. Thinking through what needs to happen clarifies the outcome, and it stimulates creativity. Ideally, break projects into tasks that can be completed in 15–30 minutes and should be in the learning zone at a “4,” challenging enough to stretch yourself but not so terrifying that you resist taking action.

QUESTION // Q6. How have you ever broken a scrapbook project down into sub-tasks?

QUOTE // “The more we experience flow anywhere, the easier it becomes to experience flow in other realms of life.”

QUESTION // Q7. In what area of your life do you experience the most flow?

QUOTE // “My magic triad for getting “out of a funk” is reaching out to three people I love, getting a good night’s sleep, and getting in a good workout, preferably a run outside in the sunshine.”

QUESTION // Q8. What’s your favorite way to get out of a creative funk?

QUOTE // “Scrapbook 2.0: As much as I love looking at the baby book my mother lovingly made for me, I know that I won’t do that for my kids. Instead, I created a Gmail account for each of my children. Although they can’t read yet, I send them emails with fun anecdotes and pictures of our adventures. Some day they will be able to access all these memories — — in the cloud. Call it scrapbooking in the digital age!”

QUESTION // Q9. What does “scrapbooking in the digital age” look like for you?

QUOTE // “Your strategies for success will not be exactly the same as my strategies for success, and they shouldn’t be. We all have different triggers. We all have different goals. We all thrive under different conditions.”

QUESTION // Q10. What is one way you've noticed that you are different from other scrapbookers?"

QUOTE // "Donut is this book's preferred metaphor for describing how to get into flow. Life inside the donut hole is our comfort zone. It is safe, familiar, comfortable, and potentially a little boring. Life on the donut is our learning zone. This is where we grow, stretch, and experiment. This is where we feel alive, inspired, and awake. This is also where we struggle as we push ourselves. The edge of the donut is the outer edge of the learning zone. Too much time on the outer edge — — in what might be called terror's edge — — and we feel stressed. If we never go to the outer edge, however, we are failing to take enough risks. Flow happens when we are in the learning zone or on the donut. This is where we have clear goals that are challenging but not paralyzing."

QUESTION // Q11. What is one way you can spend more time "on the donut?"

QUOTE // "Discover how to optimize you: Develop a personal user's manual (you're the only person who can do this) about what positions you to be your very best and use this manual to take better care of yourself."

QUESTION // Q12. What would one essential instruction be in your personal user's manual?