

UNLEASH THE
PEAK PERFORMER
WITHIN YOU

CHAPTER 6

THE INNER GAME OF FLOW

"People who learn to control inner experience will be able to determine the quality of their lives, which is as close as any of us can come to being happy."

- Mihaly Csikszentmihalyi -

PhD Professor, Claremont Graduate University

1

Assess the flow blockers in this chapter and which ones keep you from performing at your best.



2

Assess the flow triggers. Which triggers could you deploy today?

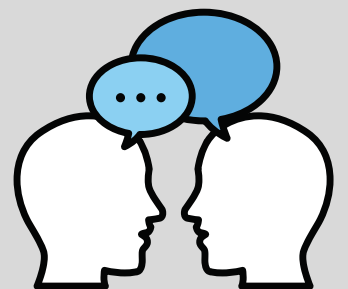


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