



UNLEASH THE  
PEAK PERFORMER  
WITHIN YOU

## CHAPTER 7 THE CYCLE OF FLOW

*"You can actually learn to turn on a natural inner switch to sever those past mental patterns and activate breakouts that will transform your daily life."*

**- Dr. Herbert Benson, MD -  
Harvard University**

### 1 What are your core areas of expertise?



### 2

**Carve out more time for the hobbies you have expertise in. This will serve as a flow trigger.**



### 3

**If you don't have expertise in any hobbies, learn a new one! Apply grit and a growth mindset and get into flow state.**



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