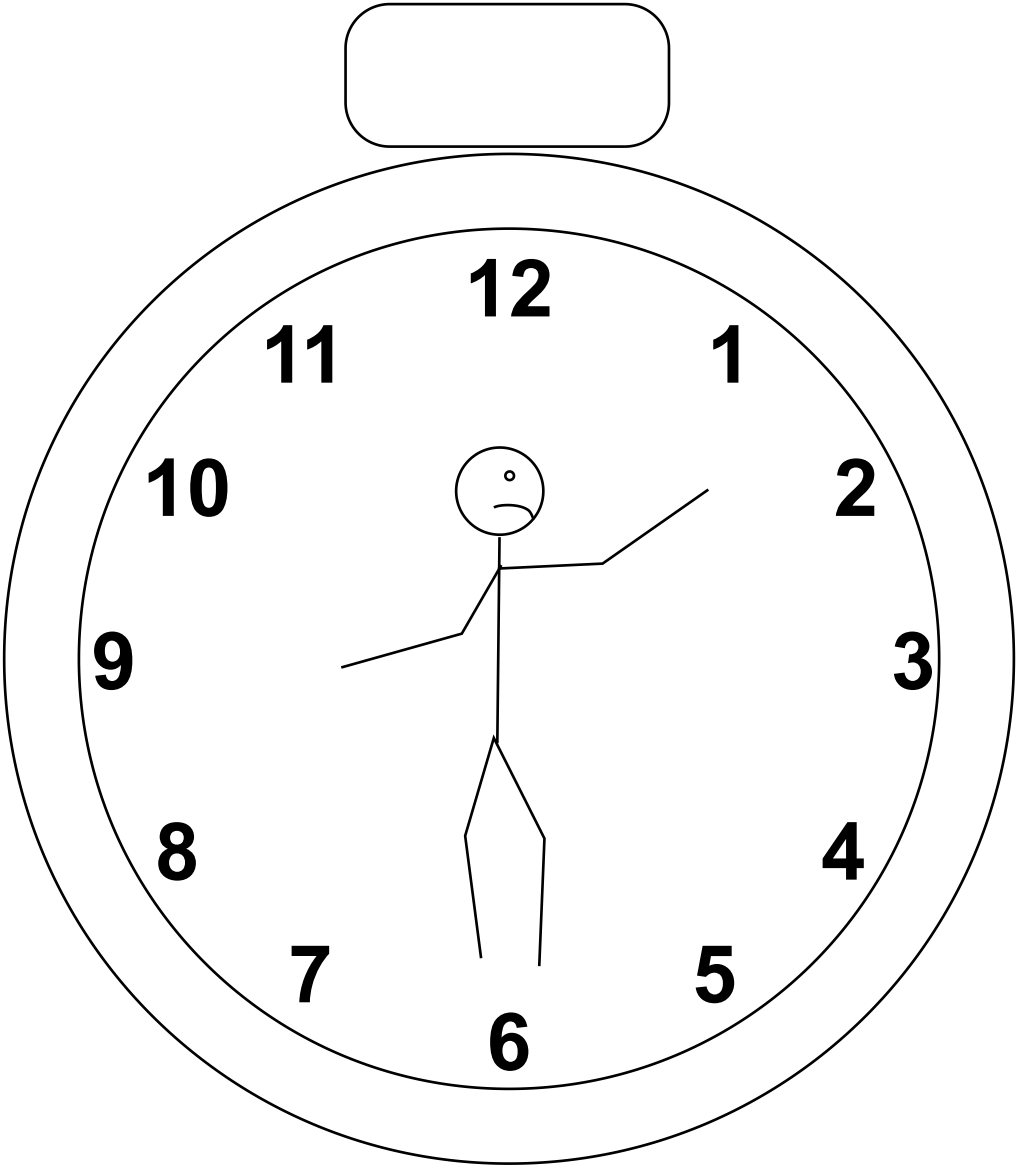


Before the workshop...

- Print out these pages, and the phone number and PIN for the call
- Leave everything blank until you hear on the call what to write in (i.e., don't fill anything in ahead of time.)
- Make sure you have a pen or pencil handy to take notes and to fill in the blanks on these pages, as well as a **deck of playing cards** for doing the exercise(s).
- Be prepared to identify (and share) conflicts and issues you are having in reaching your goals; e.g. "Can'ts", "don't know's", and dilemmas. Remember, you're in coaching now; I may call on you by name and ask you questions!
- Call in to the conference line a few minutes ahead of schedule, to make sure that we can start on-time and you don't miss anything!
- Mute your phone when you are not speaking:
use *6 on your touchtone keypad to mute
use #6 to un-mute
- TIP: If your phone has a built-in mute function, use that instead; you can switch it on and off faster without having to wait for the teleconference system to stop telling you that you just muted or unmuted!

TIME IS A _____



The State of Flow

The Prerequisites for Flow

Bu-Ra! Creating the Flow State

B _____

U _____

R _____

A _____

What's your K-Sen for Action?

1. K-Sentient,

2. K-Centered, or

3. K-Sensitive?

What's your FLOW sense?

1. V

2. A

3. K

Having a Problem? Remember to ask:

W _____

A _____

Y _____

M _____

I _____

S _____

H _____ **?!**

The 3 Questions Your Brain MUST Have Answers for, Before It Will ALLOW You To Act

1. _____ this be _____ _____ ?

2. Am I _____ _____ to _____ this?

3. _____ _____ _____ this?

Timeboxing and Sprinting

1.

2.

3.

Sprinting: Don't Stop When...



1. On a _____ sub-part

2. On a _____ or _____

3. After _____

In other words, NEVER

_____ a _____!

Wrap-up and Feedback

(Answer as if you were speaking to a friend who didn't attend the workshop)

1. Would you recommend this workshop to a friend? What would you tell them about it?

2. What are you going to start using immediately?

3. What kind of difference will it make to your life?

Send answers to feedback@dirtsimple.org