



Flow Productivity Toolkit

Customize your web browser for deep work
and flow states by eliminate distractions.

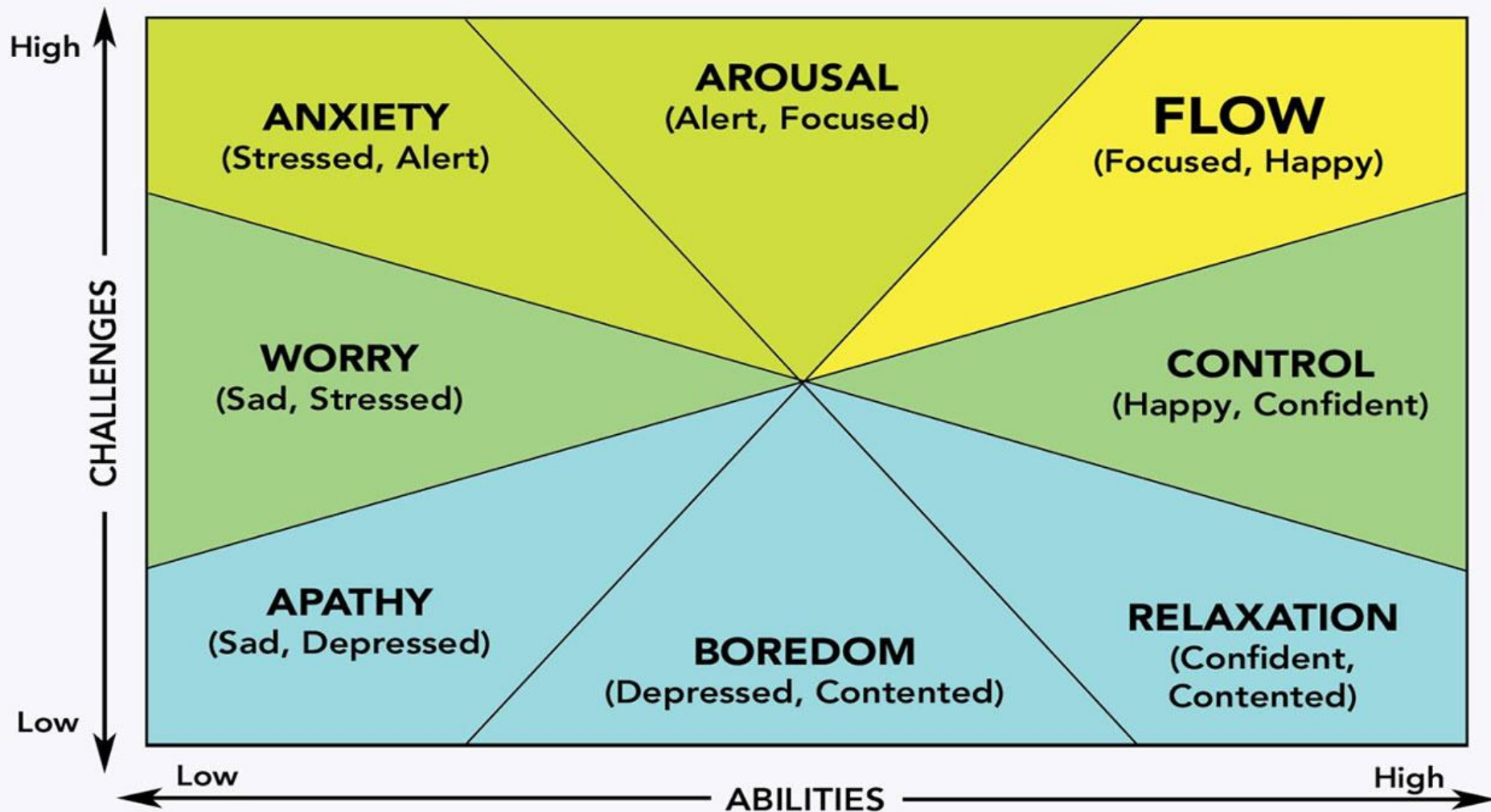
What Is Flow?

"Flow is an optimal state of consciousness where we feel and perform our best.

It usually occurs when your body or mind is **stretched to its limit** in a **voluntary effort** to accomplish **something difficult and worthwhile**."

- Mihaly Csikszentmihalyi





The background of the slide features a large, dark gray rectangle divided into eight triangular sections by two intersecting diagonal lines. The vertical axis on the left is labeled 'CHALLENGES' with 'High' at the top and 'Low' at the bottom. The horizontal axis at the bottom is labeled 'ABILITIES' with 'Low' on the left and 'High' on the right. The eight sections represent different states: 'ANXIETY (Stressed, Anxious)' in the top-left, 'AROUSAL (Alert, Focused)' in the top-center, 'FLOW (Focused, Happy)' in the top-right, 'CONTROL (Happy, Confident)' in the middle-right, 'BOREDOM (Confident, Bored)' in the bottom-right, 'APATHY (Bored, Disengaged)' in the bottom-center, 'WORRY (Anxious, Worried)' in the middle-left, and 'WONDER (Curious, Excited)' in the bottom-left. The title 'Flow Triggers' is centered in large white text.

Flow Triggers

Consistently getting into the flow state requires structural pre-conditions known as **flow triggers**.

Since flow follows a **single-minded focus**, flow triggers help to create the structure, accountability and environment for **deep focus**, which means focusing without distraction for long periods of time on a cognitively demanding task.

Applying Flow Triggers

Use this guide to apply these 3 flow triggers.

1

Clear Goals

Start your day a pre-plan of what you will do.

2

Deep Focus

Focus your mind on an activity with no interruption.

3

Feedback Loops

Track your time to understand your distractions.

Digital Distractions Kill Flow

Start to eliminate your distractions and overcome procrastination.

1. Self-Interruption And Multitasking

Average time spent working before an online worker switches tasks:

3-5 minutes

2. Continuous Partial Attention

Average times checking email and phone during the work day:

74 times

3. The Cost of Distraction

Average time to return to full focus on a difficult task after interruption:

23 minutes

Flow Productivity Foundations

Here's how to get started with tapping into flow:

1. **Start** your day with a pre-planned schedule for your time.
2. **Visualize** the goal, process and obstacles for each flow session.
3. **Eliminate** all distractions and any interruptions like notifications.
4. **Focus** completely on a single activity and project without distraction.
5. **Mindfully** observe and breathe into the resistance that comes up.
6. **Celebrate** at the end by going for a walk or doing something fun.

The Flow Environment

It takes most people at least 10-15 minutes of a sustained single-minded focus to get into a flow state.

If you want to change your habits, you must change your environment. Unfortunately, when you're online distractions are always a few clicks away...

To create the conditions for tapping into flow it's vital that you have a digital environment with a lot less distractions... these 10 tools I'm going to cover will help you do that.



Customize Your Own Flow Web Browser

Choose Your Web Browser

I recommend using a separate web browser *only* for focus and flow. The Chromium extensions covered work for all 3 browsers.



1. [Google Chrome](#)

The most popular
web browser



2. [Brave](#)

Best for enhanced
privacy features



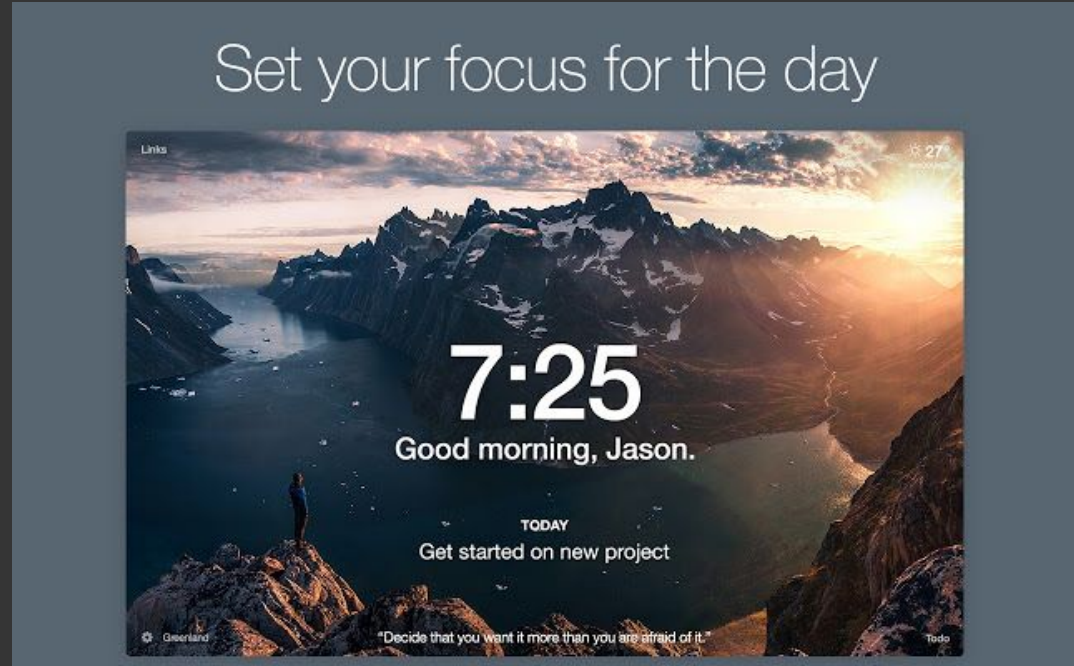
3. [Sidekick](#)

Designed for
knowledge workers

1. Momentum

A personal dashboard that gives you a clear focus.

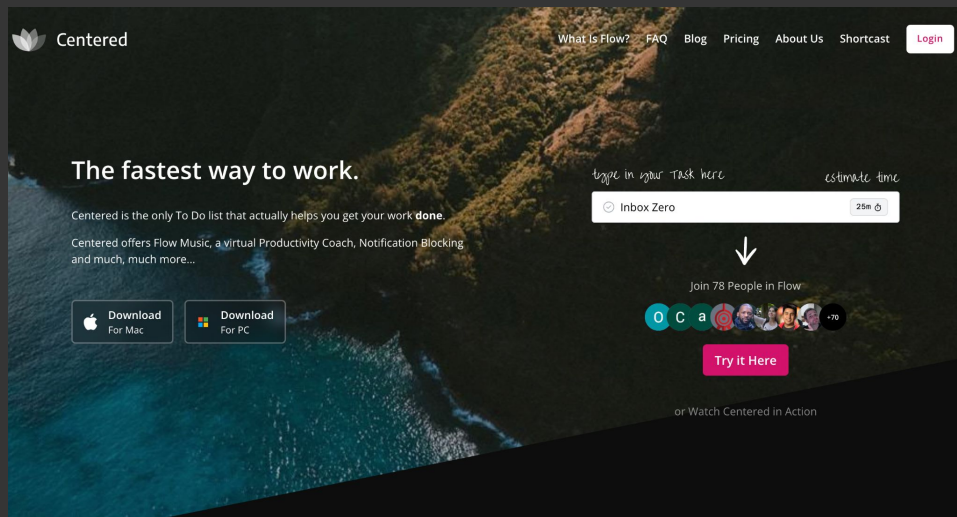
1. Eliminate the distracting clutter of your new tab window.
2. Set a focus for your most important goal of the day each morning.
3. Have your to-do list available on every new tab as a quick reminder.
4. *Click on the right image to download and add it now.*



2. Centered

Quickly plan your day and work in sustained flow sessions.

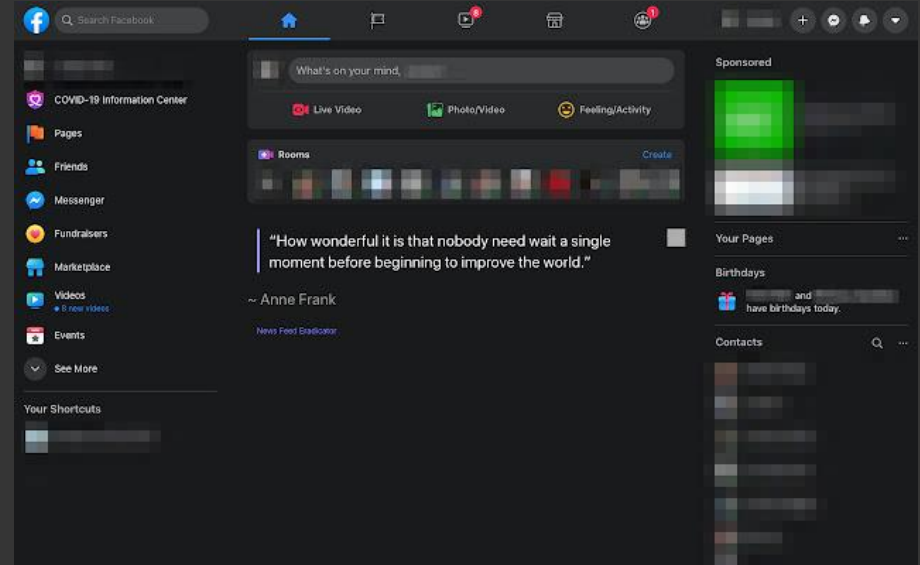
1. Work in focused sprints using the Pomodoro Technique of 25 minutes followed by 5 minute breaks (or adjust to what works best for you).
2. Quickly set time estimates for your tasks and track on a calendar how you spend your day.



3. Newsfeed Eradicator

Block news feeds from Twitter, Facebook, Youtube + more.

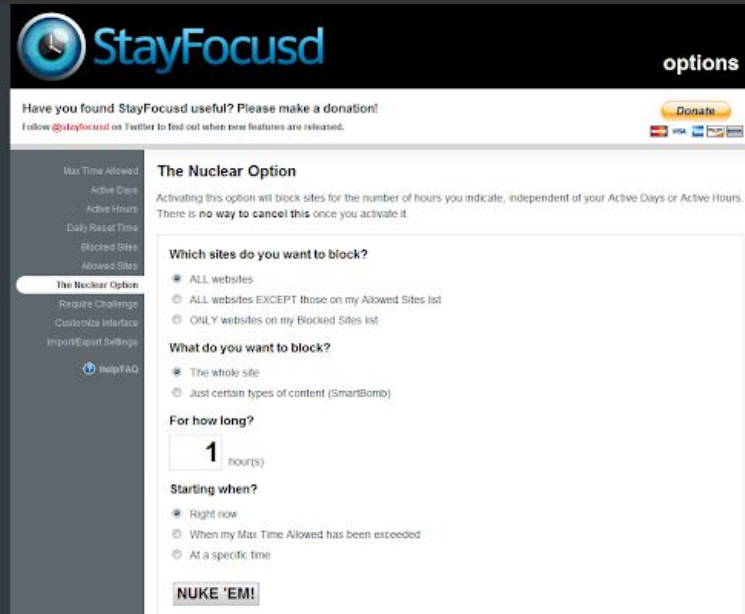
1. Stop wasting your precious time and energy at work with mindless scrolling by eradicating your distracting social media news feeds.
2. This plugin works with Facebook, Twitter, LinkedIn, YouTube, Instagram and Reddit.
3. Put your smartphone in another room to consistently tap into flow.



4. Stayfocusd

Block distracting websites during your work hours.

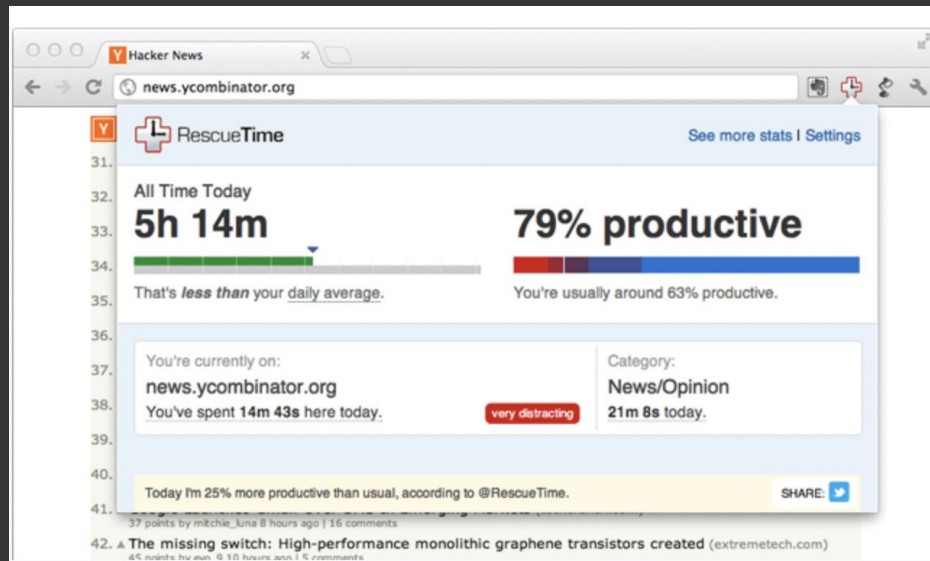
1. Completely block your most distracting websites in your chosen deep work browser.
2. You can also create a schedule to block specific distracting websites during your work hours.
3. Alternatively, you can set limit limits for specific distracting websites so they don't waste too much of your time.



5. RescueTime

Track your time on the web and create limited time quotas.

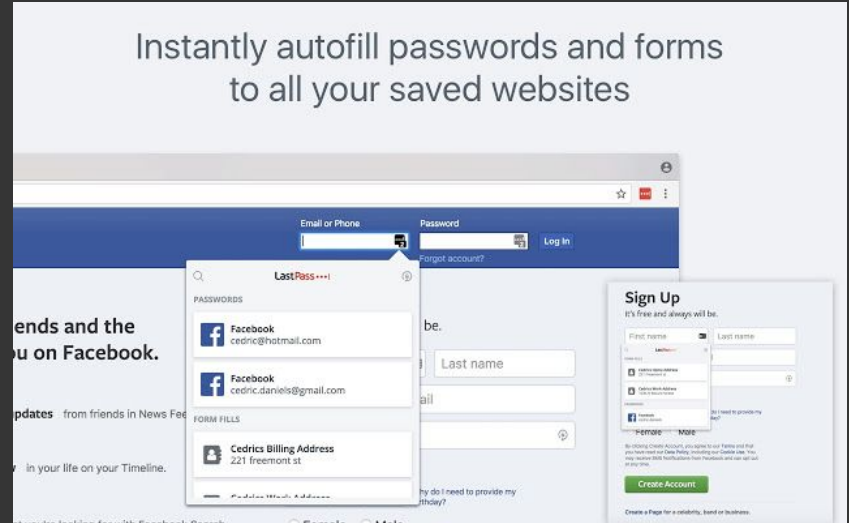
1. Track to the ebb-and-flow of your productivity throughout your day so you can better manage your time and energy.
2. The free version securely tracks the applications and website where you spend your time in the background.
3. It can also tracks your time on iOS and Android for a full productivity snapshot.



6. LastPass

Store your password securely in the cloud.

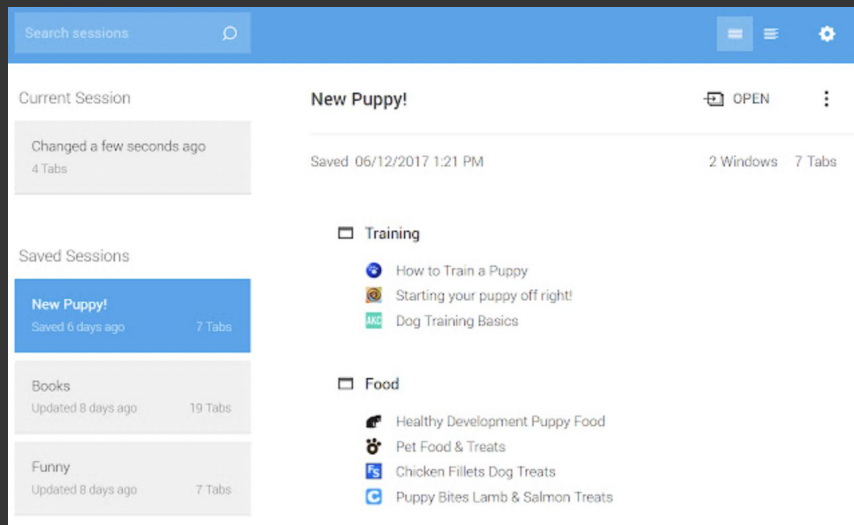
1. Eliminate the cognitive load of having to remember all of your passwords.
2. More secure than the password keychains built into popular web browsers.
3. Reduce mental friction of not having your username and passwords easily access by having instant access to them on all devices.



7. Session Buddy

Manage your tabs with multiple workspaces.

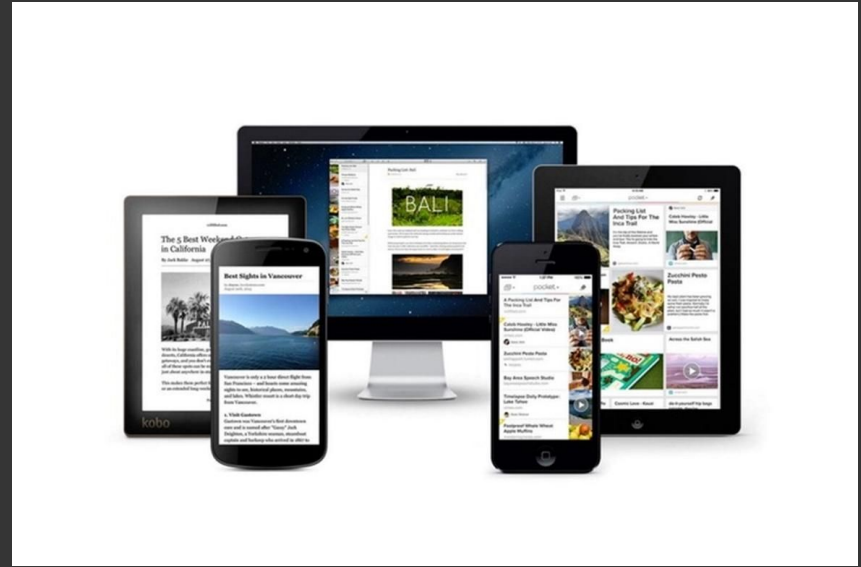
1. Eliminate the tab clutter that slows your computer and drains your attention.
2. Organize your tabs into different workspaces that you can easily access.
3. Get used to working with only a few tabs to improve your workflow and reduce mental friction caused by constantly multitasking between tabs.



8. Pocket

Easily organize all your bookmarks in the cloud by keyword.

1. Quickly save your bookmarks to the cloud and organize them by keyword to easy search.
2. Access your bookmarks from the Pocket app from any device.
3. Download your bookmarks for distraction-free offline reading and you also have the option to strip away everything but the text and images on articles.

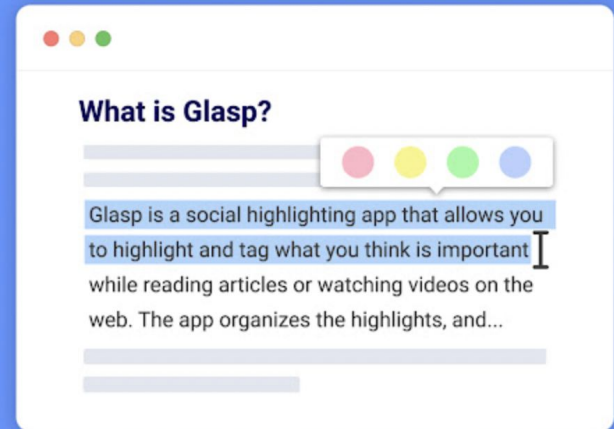


9. Glasp

Highlight text and videos to organize all your ideas.

1. Highlight and add notes directly on webpages and automatically save it to your own collections.
2. Easily share your notes with other note taking apps you use.
3. Follow like-minded people and see their highlights and notes so you can discover new things.

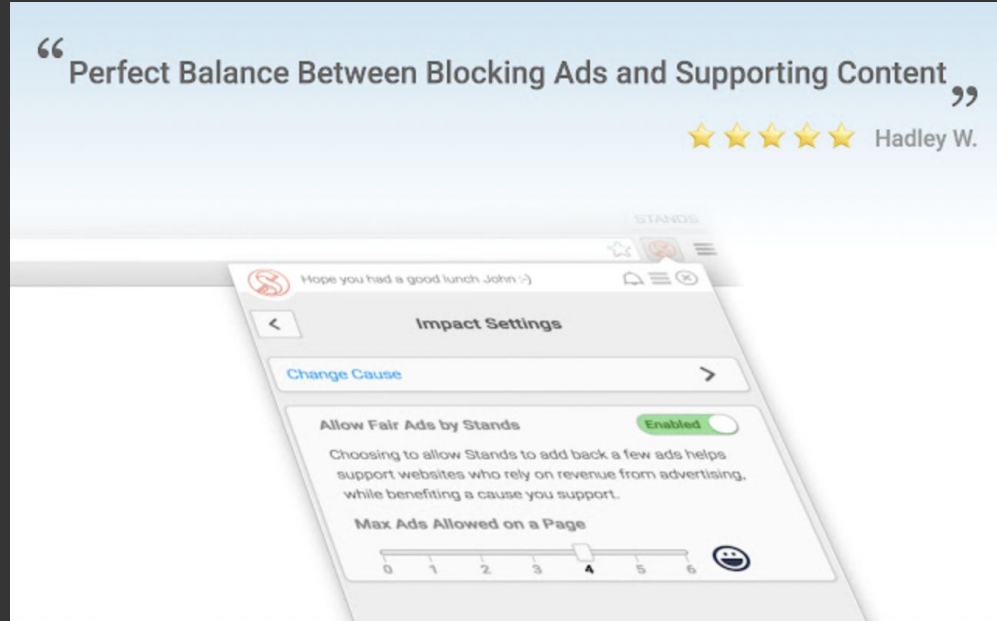
Highlight text, videos, and more!



10. Fair AdBlocker

Block annoying ads, pop-ups and speed up your browser.

1. Block intrusive ads, pop-ups, malware and tracking (even on Facebook & Youtube).
2. Enhanced privacy protection while speeding up your web browsing experience.
3. Easy to show certain types of ads and whitelist the websites that you want to support.





Flow Experience Design

Learn the 8 pillars of flow state training.

[Learn More](#)

About The Author

My name is Kyle Pearce.

I'm an online business coach and growth marketing strategist. I help solopreneurs productize their expertise and launch online courses, group coaching programs and membership communities.



Join me at one of my [upcoming workshops](#).

Questions? Email me at kyle@diygenius.com or book a [flow session](#) with me.