



Exercise 7

Summary:

Goal: Use the power of recalling vivid, joyful memories to release happy hormones and shift your mind and body into a relaxed, joyful state conducive to flow.

Process:

1. **Find a Quiet Space:** Sit or lie in a comfortable, distraction-free environment.
2. **Breathe Deeply:** Inhale deeply and exhale to relax your body and clear your mind.
3. **Choose a Happy Memory:** Focus on a joyful moment with strong emotional significance from your past.
4. **Immerse Yourself in the Memory:** Engage all senses — sight, sound, touch — to fully relive the memory.
5. **Feel the Emotions:** Allow yourself to experience the positive emotions from the memory.
6. **Stay for 3-5 Minutes:** Remain fully immersed in the memory for a few minutes.
7. **Notice the Shift:** Observe the positive change in your mood and body.
8. **Ride the Wave of Flow:** Transition into flow with a relaxed and joyful mindset

Benefits:

- Releases endorphins, dopamine, and other feel-good hormones
- Elevates mood and reduces stress
- Sharpens focus and presence
- Aligns mind and body for effortless flow
- Improves emotional well-being

Application:

Use this practice anytime to elevate your mood and access flow by reliving a joyful memory with total sensory immersion. By recalling positive moments with vivid detail, you can quickly shift your emotional state and prepare for flow, enhancing focus and creativity.