

# *Find Your Flow*

*To continue to grow and improve Flow in my life and in turn, help you to Find Your Flow.  
- Winston Widdes*

## **Find Your Flow Mini eBook**

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## **Introduction**

Find Your Flow started back in 1999, on New Year's Eve of 2000. I had an epiphany of sorts, a "peak experience," that changed my perspective on things forever.

I experienced flow.

It wasn't the first time, but it was probably the most powerful and conscious experience of flow that I have ever had.

In the time it was happening, my body was dancing and I seemed to float above it, watching it move effortlessly. I knew that I had to learn to spread this feeling, this flow into other areas of my life. I didn't know how I was going to do it, I just knew that I had to figure it out as I went along.

This book series, the Flow Tools, the whole thing is a real-time life journey with flow and balance as a chosen experience, or path for being happy in the now, creating the life of your dreams, and enjoying the process.

It is not a scientifically proven method, these books contain my own personal methods for experiencing flow in each of the 5 areas; Mind, Body, Spirit, Social, Cash.

I do not purport to be a guru or preacher. I am simply logging, journaling, testing and retesting things that are

working for me so that I can be aware of how to get into flow easier and more often.

You may find some of these techniques work for you, others don't. Take what works and scrap what doesn't.

With that said, let's get down to business...

## **Chapter 1. Flowosophy**

The basic Flowosophy here is that flowing is good, and enjoyable, and is about enjoying life now, in the moment, while also planning to get where you want to go.

Whether you are looking 20 years down the road, or 20 seconds, there is a way to experience more happiness now instead of waiting for some time in the future.

In many ways it really comes down to perspective and practice. Perspective is how we see or interpret something in the context of our own experiences, understanding, beliefs, culture, etc. By gaining new perspectives we can change ordinary occurrences into extraordinary events that change the course of our whole lives!

It is possible to change your whole world with a slight shift in perspective.

This whole project, of Find Your Flow, is to practice these techniques, this mindset, this perspective to increase flow, in all the 5 areas of life; Mind Flow, Body Flow, Spirit Flow, Social Flow, Cash Flow.

Here is one example of a Flowosophy that appeared in the newsletter...

“Today’s flowosophy is about focus and flow. If you don’t know where you are going, then you will never know when you get there...or if you get there. Take some time to look into the future. Where do you want to be in 5 years?

Who do you want to be with? How much money do you want to have in the bank? What do you want to be doing for work? For fun?

The more detailed you can be the better. Then you can fill in the plan to get there. When you have a plan you will still make mistakes, hit bumps, have challenges, etc. But it will be much easier to notice it and get back on track.

If you have a spouse or partner that you want to still be with in 5 years, make a plan that they can buy into too. That way you are both working towards the same thing and you have twice as much energy going toward achieving your goals.”

So now that we have a basic understanding of the Flowosophy (an ever-changing, evolving philosophy) let’s

get into some direct “How-To” techniques for experiencing flow.

## **Chapter 2. 3-Steps to Flow**

You can find more flow in practically any of your favorite activities by following these 3 simple steps. This month I put together a short video that discusses the 3 simple steps to feel flow quicker in practically any activity. In the example of using this 3-step sequence I apply it to the guitar.

I am a huge fan of outlines and bullet points, they help me organize and simplify, so here it goes...

1. Clear outcome in mind/clear goal
2. Break it down into smallest piece that you can take action on right now.
3. Find the balance between your skill level and the challenge level.

**[Click Here for 3-Step Flow Video](#)**

Adjust something that is too easy and boring to something more challenging by adding a new level to what you are already doing. For example, a new scale pattern for a

musician or singer, a new stitch for someone who knits, a new rock for a climber, a new cutback for a surfer, a new footwork pattern for a soccer player, a topspin backhand for a ping ponger, a new lesson plan for a teacher, etc.

Another way to find balance is by doing the exact same action and increasing the speed or rate that you perform it at. Or, maybe if you are doing something like yoga, you would challenge yourself by doing something slower or for longer, like holding a pose.

Everything has a tempo, or pulse. When learning something new or aiming for a flow experience, sensing the natural pace will help you reach flow sooner and enjoy the whole process more. If you try to rush it, you will probably get frustrated and stop. If you go too slow, you may get bored. So be aware of how you can use time/speed to your advantage (a metronome or stopwatch can be very helpful).

So there you have it, the 3-Step Sequence to feeling more flow in practically any activity.

[Click Here for 3-Step Flow Video](#)

## **Chapter 3. Mind, Body, Spirit, Social, Cash**

Each of these 5 areas will get their own book, or more likely, a series of their own.

For example, I will probably have a book on Mind Flow, as well as some CD's to go with it. Or, other related Flow Tools.

Here is a taste of some Mind Flow goodness...

Sooooo, I wasn't sure if I should share this or not. I don't know how you will respond. Let me start by saying the secret that I am about to share with you literally changed my life.

I mentioned it a little in a previous newsletter, but please allow me to elaborate here...

You see, in 9th grade, I remember being in the school library, looking for something interesting to read.

Browsing all the categories, I stumbled upon a book about hypnosis, and more specifically self-hypnosis.

I couldn't believe it! They have a book like this at school?!

Immediately I knew that I must read it so I promptly checked it out at the front desk.

I was hooked! I started practicing self-hypnosis and found it very useful. Friends would ask me to hypnotize them. It was lots of fun.

We didn't do anything super helpful or thoughtful for long term growth or anything like that, it was more about doing silly things like giving my friend the power to make himself feel drunk by putting his thumb to his head (which is quite a hilarious thing to see I might add.)

It wasn't until a bit later that I discovered how to use hypnosis to really improve my own life and help others with it.

One friend was training to be a cop. She always seemed to fail at the dummy-drag part of the physical exam. She is kind of a smaller, petite girl, so the dummy was pretty heavy for her and she had to drag it so far and race against the time.

Anyway, one day it came up that I study hypnosis and use self-hypnosis regularly. She asked if I could help her with this dummy-drag issue, so I said, sure, why not?

I guided her into a deep trance where I had her imagine herself dragging the dummy easily and effortlessly. As if she had a sudden burst of strength and the dummy seemed to slide across the floor.

I gave her a '**mind trigger**' to be able to anchor this vision and emotion to be able to bring up during her actual test.



Sure enough, she used it and passed the dummy drag no problem!

So, I hesitated at first because I thought, well, maybe people will think it's weird that I know hypnosis. Or maybe they would be afraid that I was somehow using hypnosis through the newsletter.

On the other hand, it is what it is. I really do use it, it has done great things for me and my friends, and it would not be fair of me to not share that information. If I put it out there, you can decide what to do or not do about it.

Therefore, the tool this month is created by a hypnotist that I am a fan of. I have purchased several of his products and I really enjoy them.

I have not purchased the one listed below, so I can't speak about this particular tool other than to say that **learning self-hypnosis is perhaps one of the greatest things someone can learn; how to gain control over their own mind.**

I personally have invested thousands of dollars and lots of time over the years learning more about how to use it effectively. I purchased a program from Igor specifically relating to flow states and I will be contacting him to see if he still has any of those left.

The program below is one worth checking out because you can try it for 8 weeks and if you don't get results, you can get your money back. Igor is a great hypnotist and his style is fantastic so if you give it an honest try, you will experience results.

In full disclosure, if you do click the link, decide to give the program a try, like it and keep it, I will get some money for the referral.

If you think that is cool, and want to learn how to possibly do something similar with products or services that you believe in, read the "Find Your Flow: Cash Flow" books as they come out.

If the investment is not right for you, don't worry, it won't hurt my feelings. I am working on creating some custom flow tools of my own but in the meantime, I wanted to clue you in on some of the tools that I use to create flow in my life, created by people I like.

So, without further ado...

**[Click Here for "Mind Flow For A Balanced Life Secret Tool"](#)**

Cash Flow Series

The cash flow series will contain interviews with different people in different fields, at different levels of financial income. The purpose will be to learn cash flow ideas, strategies, and how to balance it all with the other 4 areas of life. Here is an example of a recent Cash Flow Corner from the newsletter...

“In last month's issue I put the pressure on myself to get a part-time assistant. I told you that if I didn't get an assistant and start delegating some of my work that I would pay you \$10!

Well, do you want the good news first, or the bad news first?

Here it goes; I did hire an assistant and delegated work that she actually completed and helped boost my productivity!

So, that's Good news for me, maybe not as good news for you since you don't get the 10 bucks.

The Good News for you is that you can apply the same principal I did to get better results for yourself: Create some accountability for yourself and you will get more done.

Maybe tell a friend that you will do that one project you've wanted to finish and tell them the date that you will have it done by.

If you really want to get motivated, ***make a bet with them***, maybe you have to do something embarrassing or give your accountability partner money if you don't finish on time.

This can be great for taking something to the next level. This is important for flow because as you get good at something, you may experience less flow sometimes because it becomes too easy or boring.

At that point, in order to increase flow you may need to take the challenge to the next level or remove obstacles that take away from flow.

For example, I taught Rachael (my new assistant/sister's girlfriend) how to take my core newsletter for my DJ Business and copy and paste to fit it to all 3 different niche DJ markets I serve, plus use parts of it for our tutoring business and other parts for our record label newsletter. This frees me up to write the custom part unique to each newsletter.

The process of copying and pasting the newsletters together can become its own flow process, but I am at the point where it is **not a good use of my time in terms of Cash Flow** because I should be doing higher value work such as creating the content of the newsletter or connecting with clients.

She also learned how to do some of my filing for the DJ businesses, input client data into an online system, create

the paper newsletters, screen tutors for the tutor biz, and some more skills that have helped me increase productivity and flow.

This month, outsourcing/delegating has been one way I was able to leverage my time and experience flow on a bigger level; instead of just being in the newsletter creation process, I was overseeing a bigger marketing and production system. It was extremely rewarding to see it work!

Stepping it up this month...well, I just went to my second Monthly Marketing Summit as a GKIC member (that's Glazer Kennedy Inner Circle) and it was great.

They have this monthly contest where they invite 3-5 entrepreneurs and business owners to compete and share their accomplishments and results for that month in front of the whole group.

You get to share what marketing you used, how well it worked, what the cost per lead/click was, the opt-in or closing rate was, etc.

Of course, there are ***fabulous prizes*** that you can win if you are voted the best that month.

But really, I volunteered to be in the hotseat this month because I knew it was really great motivation for me to **GET A LOT DONE THIS MONTH** knowing that I will be standing in front of 80-100 local entrepreneurs and business folks.

Having that kind of accountability is really valuable. If you do not have an accountability partner or group, its worth it to get one!

The next meeting is June 20th so I have been hustling!

**Here are some of the things that I am working on this month:**

1.) Creating more and better landing pages for each business and each niche.

- A.) DJ Vows 2 landing pages-A/B Test for effectiveness
- B.) DJ Vows ad in San Diego Style Weddings Magazine

2.) Building more connections, gaining more clients for each business.

- A.) Add 5+ new students to Special Needs Tutoring USA
- B.)

3.) Launching [www.BlackBeltMusicAcademy.com](http://www.BlackBeltMusicAcademy.com) with a goal of  
6 to 12 students per month for summer camp!

4.) Build affiliate relationships and begin to promote sponsors to support them and monetize the recommendation of products and services that I believe in and feel good promoting.

5.) Solidifying a Joint Venture real estate opportunity and getting the first deal in escrow.”

So that is an example of how I planned and strategized some Cash Flow for the month and the kind of things I will continue to go deeper into with each new book in the series.

## **Chapter 4. Flow Tools**

Throughout the books, the website, the membership site, newsletter, etc. I will be sharing different Flow Tools that I or people in the flow community use and enjoy.

I will constantly be creating new materials that increase flow and you can be the first to know by signing up for the newsletter ([www.FindYourFlow.com](http://www.FindYourFlow.com)).

Sometimes I will recommend Tools that someone else has created that help with flow.

Again, some you will probably feel drawn to, others, not so much.

If it's not for you, ignore it or send it to someone who you think might appreciate it. It creates good social flow to pass relevant information to someone who could benefit from it.

## **Chapter 5. Vision**

The future is bright and flowing! I realized right before I sat down to write this that this is not just part of my “life’s purpose”, but a great gift that I get to enjoy doing for the rest of my life.

I get to practice flow every day, and share it with whoever wants it.

The Social Flow of this will keep it spreading to those who can make the most of it. The 5 areas will be harmonized, balanced, and continually improving.

People across the planet will experience an increase of flow and joy just because people like you are becoming more aware of flow in your own life. Your good feelings resonate and spread, and you are a positive force that can enjoy the process and create the life of your dreams.

## **Conclusion**

I really appreciate you taking the time to read this. I hope that you found some things in here that you can use. This is an ongoing project. A lifelong project for me. To continually improve, update, renovate and generally make better all things flow.

Whether or not you want to find flow, I wish you all the best in life and your time here. Make the most of it. Not to get all serious and heavy on you here at the end, but “coincidentally,” today I read an article by a nurse that has spoken with thousands of folks who are about to die, and



she found out their biggest regrets. The top 5 included not going after their dreams. Giving up on their dreams and just working. I have been in positions like that.

I had some of those conversations with my mom. That is why I am up at 1:40 am finishing this book. Because, this is my passion, my dream. It isn't always easy being an artist, an author, a musician, and paying all the bills, supporting my wife and son.

But, I am fortunate in that I love what I do. I wouldn't change it for the world. The challenge, the sacrifice, the pain, is what makes the victories so worth it.

Whatever direction you go, be you. Do what you are here to do.

If you feel like you can go with this whole flow thing, then definitely keep in touch, get the free newsletter, stay in the loop, and until next time my friend...be flowing!

Sincerely,

Winston

[www.findyourflow.com](http://www.findyourflow.com)

