**SOCIAL LITERACY EXERCISE FORMAT**

1. Module (title and number):
2. Exercise name: ***Find the Flow***
3. Purpose: reboot; mind-body overloaded with everyday information, multitasking and sensory data
4. Duration/Time frame: 3-5 minutes
5. Participants: n.a.
6. Group size: individual, small group
7. Material: n.a.
8. Methods:
9. Description:

Relax and go back to a time when your actions and decisions flew effortlessly. Close your eyes and ask your mind to take you back to that event. AS you see yourself in that special occasion at that time, step into yourself, so that you can see through your own eyes, hear through your own ears and feel what you were experiencing at that time. Make a special gesture (anchor) – press together thumb and middle finger, or fist, or touch your earlobe,..(etc). Now maximize your inner picture, add more light, more vivid colors, and sounds you associate with the experience. Increase the pressure/intensity of your selected gesture. When it reaches a peak, release it. Shake out both hands.

To reactivate your good feeling/flow state make the same gesture.

(Your emotional brain, e.g. limbic system can replay those sensations and find your “flow” whenever you like).

1. Advice for Trainer: /
2. Source/Literature: NLP technique /dr. Richard Bandler/; James D. Baird, Ph.D. Happiness Genes. Franklin Lakes N.J., New Page Books.
3. Handouts /
4. Contributor (partner): Integra Institute (Sonja Bercko, NLP spec. neurolinguist)