



RESOURCES
FOR YOU
AND YOUR
GROWING
BUSINESS

DO YOU
LIVE IN
FLOW²?

BRIDGE
THE GAP
BETWEEN
WEALTH
AND YOUR
WELLBEING

WHAT IS YOUR
DEFINITION
OF SUCCESS?

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WELCOME TO FLOW²!

FLOW² is an acronym we've created to describe Functional Learning On Wealth and Wellbeing. This is our introduction to a lifestyle theory with practical tools for your personal and professional success.

We started this venture as three individuals in two businesses, naturally aligned to share information on the processes we've used to create wealth and wellbeing. We developed an on-line program with modules as either a self-study or coached program using many years of business consulting and practical coaching success.

We are now building a community of individuals who are looking for a holistic way to move through life, using a few trusted tools for change and transformation.

There is nothing better than finding FLOW² and living a life that comes from building the confidence to pursue your dreams and navigate change for ongoing success.

In today's hectic world, wouldn't it be nice to have a roadmap for how to build a solid foundation with proven theory and practical experience?

This program will provide the building blocks that you may use when creating your own version of FLOW² and this magazine will begin to share that information.

We look forward to meeting with you and your community in the near future as we continue to navigate "The Mechanics of FLOW²."

SHARON GILMOUR-GLOVER

TIM GLOVER

TRISH TONAJ

**“ Be the person who starts a ripple
that creates a wave of change. ”**

-Trish Tonaj



WHAT IS FLOW²?

“Going with the flow” is often described as state of happiness, where your personal and professional life are in sync, enjoying a holistic place in both mind and body.

As business consultants and coaches, we often find that people understand this state of being and are looking for a few tools to achieve flow. At times, it may seem elusive in our complex, chaotic world where nothing or no one appears to be in a state of flow.

There is evidence that the origin of the phrase “being in flow,” began during the Roman Empire in the 2nd Century when Marcus Aurelius used a similar term to describe a state of being.

In our modern day society, the theory, has been scientifically researched and was coined in 1975 by Mihaly Csikszentmihalyi who has a PH.D. in psychology. An article published in Success magazine, November of 2014, shares this quote:

“ Flow makes life much better. You don’t feel like you’re working against the current, but with it. Work doesn’t seem like an obligation, and you get better at what you’re doing. ”

Sounds perfect, sign me up!

Who doesn’t want to be in flow?

We have taken this concept and after many years of working with individuals and leadership teams developed proprietary tools and methodology that we’d like to share about how to create flow. Information, that we have found yields personal and professional results, navigation tools for change and transformation.

It is important to note that the definition will vary from person to person. It is unique for each individual depending on where you are positioned in your own pattern of flow.

One thing is universal, we all instinctively understand that when we find flow we are in a certain state of mind, that encourages our success, wealth and wellbeing.

Here are a few of the common terms we often use to describe flow:

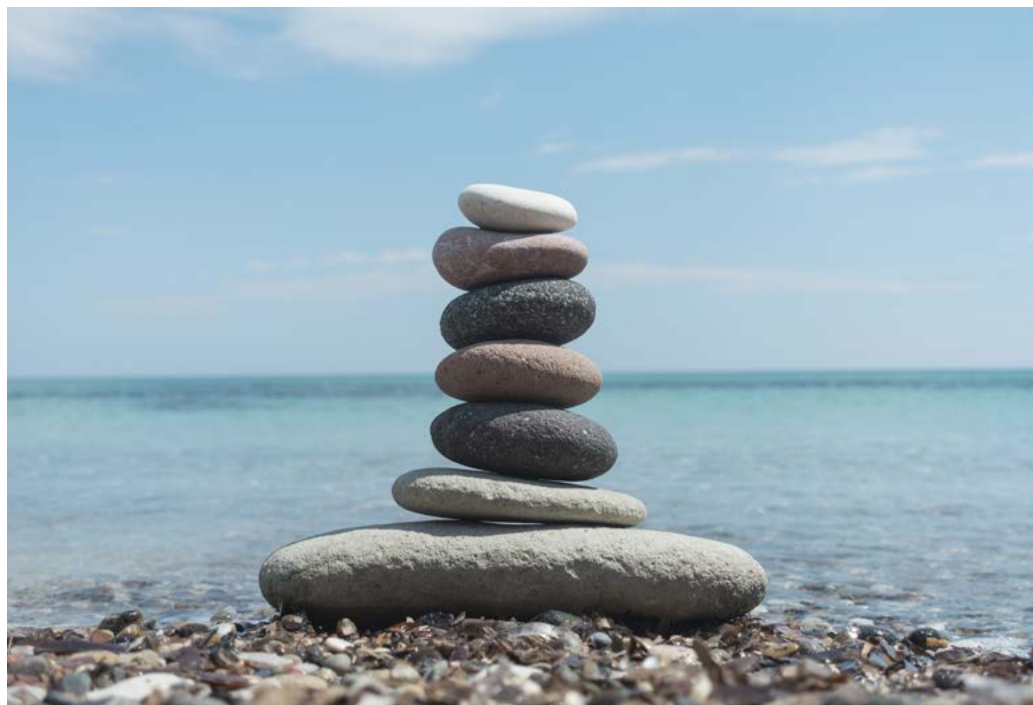
- "Go with the flow"
- "Being in flow"
- "In the zone"
- "Go with the tide"
- "Finding Nirvana"
- "Getting into a groove"

As we take a look at the opportunities for flow, the very description will lead us to understand that it is a continuum, fluid and in a constant state of motion. We may each experience flow throughout the day and multiple times within the week, which encourages us to create a pattern of achievement where we find and experience the phenomenon.

As part of our commitment to life-long learning, we have developed a number of practical tools designed to develop and hone the skills that assist with finding your own definition of flow: an online program of modules entitled "The Mechanics of FLOW²."

FLOW² is our definition of the concept. W² refers to the balance between wealth AND wellbeing, as it is impossible to have one without the other!

This program was designed with you in mind. It has been proven to provide bottom line business results while increasing personal engagement, effectiveness and wellbeing. The tools and resources in each module help you clearly define your own personal and professional goals and objectives while creating a roadmap for continued success.



Whether you are just beginning your journey or are well on the path to achieving your goals, these tools are a great way to establish or reevaluate your roadmap as we continue to personally define, refine and pursue success.

We are launching this program to share the success of so many others and provide you with navigation tools for FLOW².

When you are in FLOW² you are more likely to achieve your unique potential, developing your own success formula for personal Wealth and Wellbeing.

Ideal for students, entrepreneurs, executives and employees who want to achieve their greatest potential. The Mechanics of FLOW² provides you with resources that teach you to trust your intuition, build on strengths to gain clarity for optimal performance and creative problem solving. Tools that are useful in both your personal and professional life.

Our ultimate goal is to provide you with the resources that will help increase resilience and enhance performance in any environment where you're looking for sustained success.

As a self-study program, coached or mastermind sessions, these tools will create the foundation for your future growth and development. They are designed to be used multiple times throughout your journey and assist with the clarity that you've developed for your personal wealth and wellbeing. Each individual will create their own unique formula that clearly defines their goals and objectives, which supports the lifestyle choices that create an achievement track for your brand of success.

It is a great way to align work teams, support growth and create a roadmap that is in alignment with your personal values.

We encourage you to share feedback, and we'd love to hear your stories on "The Mechanics of FLOW²" as we all define:

Functional Learning On Wealth and Wellbeing = FLOW²



TOOLS FOR SUCCESS

We all have a personal toolbox that gives us the confidence to tackle every day with enthusiasm. Those moments or points in time, when everything is working. We feel peaceful, with a sense of purpose. The work itself, whatever it is, gives us clarity, focus and joy.

We are energized and fulfilled. We are, at that moment in time, in *flow*.

While being in flow may organically happen to us all, at times, it is possible to craft a life of flow, making it much more likely we will be able to achieve and sustain success.

To live in FLOW², we need the right tools to build a solid foundation, develop a road map and respond to both opportunities and challenges as they present themselves on our own personal journey.

Foundation Building

We all know and understand, anything of any value that lasts any length of time is built on a solid foundation. We all create and develop our personal goals through defining our core values, purpose, and vision of what is possible. Values, help us to define who we are and what we'd like to do by guiding us through life with a solid set of principles and beliefs.

These elements are how we begin to live and define a life in FLOW².

Our core values may be described as non-negotiables, items that determine the right-fit for everything we do. They attract us to a particular kind of work, the people we enjoy and the causes and activities we're most passionate about, ultimately, connecting us to our community. Our values define important concepts such as respect, trust, truth and fairness.

These fundamentals become tools or guiding principles and when we take the time to go through the process of identifying and defining our own unique values, they help us to uncover how we live our life each and every day. By tracking and scoring our values we are able to build a life that will support our beliefs and maintain our integrity.



Core values help to answer the elusive question of “Why?”

When we define our values they drive our sense of purpose and contribute to our wellbeing. They support how we live and are found in our subconscious contributing every day to our internal value system.

To start the process of defining your why, look for things that have a special meaning to you, things that support your core values. Ask yourself: Why are they important? How will they affect both my personal and professional life? What will be my legacy?

The author, Jim Collins calls vision our “Big Hairy Audacious Goal”.

Our values are critically important for our vision ,for living in FLOW² they capture our aspirations and inspire us, to be, the very best person we may be, while supporting us through our challenges and barriers.

To begin, write them down, review them and create a visual road map using this solid foundation.

The Road Map

With your foundation in place, we’re ready to create a road map building on our vision and purpose. As with any journey, we will need to include both long and short-range plans. Realistic goals that will turn our vision into manageable chunks that we are able to execute for success.

What do you want to achieve?

Take the time to look ahead three or five years. Create a detailed picture of what you want your life, business or career to look like in the future. Be specific, as you create a vivid picture that aligns with your values and fulfills your purpose. This intentional planning activates the brain to help attract what we need to achieve our goals.

By planning where you intend to be in three to five years it will become easier to define your short term goals. Looking ahead to the next 12 months will ensure that you’re on an achievement track by dividing the year into quarters, months and weeks as you develop a plan that will move you into FLOW².

FLOW²

Functional Learning On Wealth and Wellbeing is really a commitment to lifelong learning. The work we choose will clearly define the aspects of life that capture our attention and maintain our passion. The Mechanics of FLOW² adds practical tools to our foundation that build on our strengths and helps us to measure and maintain progress. A realistic scorecard will give us the confidence to manage our energy and emotions so that we are on an achievement track for success.

Working with an experienced coach or mentor facilitates the journey. Coaches are able to see our strengths and help us to learn and apply our skills in new and effective ways. They help us navigate our blind spots and work through them with practical tools that build on our personal foundation to maintain and support our vision and purpose. They connect us with others and help us find the courage to take the action needed to achieve our own definition of FLOW².

Perhaps most importantly, working with a coach or consultant builds in a level of accountability that makes it much more likely we will do the work needed to create our own brand of success. Sometimes, we have to slow down to go fast and that may be really difficult when we have a million other things on the to-do list! Will the tools you acquire support your core values, define a vision and create a roadmap that will reinforce your purpose and sustain success?

There is a famous saying, “At the moment of commitment, the entire universe conspires to assist you.”

So ask yourself:

Are you prepared to live in FLOW²?

WEALTH

The dictionary definition of wealth refers to “an abundance of valuable possessions or money; the state of being rich; material prosperity and plentiful supplies of a particular resource.”

In The Mechanics of FLOW² we would like to expand the definition to include wealth as an individual's expression of abundance that includes both tangible and intangible resources; a balance between wealth AND wellbeing.

Why?

The world around us is changing at a very fast pace and the traditional definition no longer seems relevant. Many individuals are looking for a new way to express and sustain ongoing success.

The messaging is very evident in the media. We are bombarded by wealth based advertising that creates various images to obtain “things,” or material possessions, but, it does not always provide the relationship between the intangible aspects of creating a life that equally contributes to our wellbeing.

FLOW² as a definition, is a holistic combination of foundational beliefs that includes our own brand of success. It contributes to our lifestyle choices that have an influence on our overall wellbeing.

In The Mechanics of FLOW², we provide navigation tools through various modules that create the opportunity to concentrate on how you will develop and sustain your own unique definition of wealth while including elements that contribute to your wellbeing.

In order to sustain our success, we need to find a balance between these two components. If you think about it... realistically, you cannot have one without the other.

We recognize that everyone's definition will be unique and relevant to their own aspirations, goals and objectives. Your definition will be in sync with your lifestyle choices in order to find and maintain balance.

To create a starting point for understanding how we currently build and sustain wealth, we have identified three different styles that accommodate our navigation style and start by using the term “resonance.”

“Resonance” by definition means that a concept or theory is personally meaningful or important to the individual. It was first coined by Daniel Goleman (of EQ fame) in his 2002 blockbuster book, Primal Leadership. In that research he linked leadership resonance to superior financial business performance. A term that helps us to identify the various ways in which we process and filter information for financial success.

To assist with the journey, resonance is also used to identify the magic that generates trust and engagement in both individuals and teams. It will define and support each individual and their own navigation style. Of all of the research that has accumulated over the years to scientifically support the existence of why we look to obtain wealth, it ends up that neuroscience has the most direct links to 3 internal filters that we use to lever resonance as a navigational tool to create wealth.

As metaphors, these filters are:

- 1) **Head/Academic/Analytical,**
- 2) **Heart/Intuitive/Inclusive**
- 3) **Gut/Willpower/Drive**

We suggest that you will most probably combine all three in order to navigate sound decisions for wealth and develop your own unique style.

The first is, Head/Academic/Analytical and is resonant with those who are either intellectually oriented, or who strive to be intellectually gifted.

They value smarts, logic and rational thinking and therefore would define flow as a function of intelligence.

- Metaphorically speaking, they tend to be the “ready, aim, fire” folks who value scientifically validated approaches to planning along with strategy, process, and structure because they deeply believe that these elements provide them with the control they seek.

- The objective with their roadmap is to maintain their sense of control by avoiding barriers, pitfalls and danger through applying their smarts and experience. They believe that their competitive advantage comes from perfectly executing the right resources at the right time in the right situation to achieve desired results.

- They have a strong bias to converging with laser focus, shutting out all distractions to zoom in on problems with clarity, which makes them great managers in the pre-digital economy where identifying and navigating barriers is the key to success.

The second is: Heart/Intuitive/Inclusive and is resonant with those who are either empathetic, or who strive to be. They value love, harmony and therefore would define flow in terms of loving what they do and doing what they love.

- Metaphorically speaking, they tend to be the “aim, fire, ready” folks who value the more intangible aspects of life. Due to their bias, they embrace the AND which provides them with the capacity to learn from setbacks, unlearn and relearn on-the-fly. They are very creative, and inclusive with varying degrees of interdependence.

- The objective with their roadmap is to create interdependently with others, share in the upside as well as the down, and view the journey as a learning experience.

- They have a fantastic capacity to accommodate chaos by embracing divergent paths and staying focused enough to deliver on desired results in creative ways.

The third is: Gut/Willpower/Drive, this resonates with those who are physically quick to action. They value take-charge action and therefore would define flow as a function of willpower. They value doing more than planning or talking about it.

- Metaphorically speaking, they tend to be the “fire, ready, aim” folks who value learning by jumping into the fray and doing. Due to their bias, they have learned to embrace failure and fear as a signpost that they are in fact on the right path.

- The objective with their roadmap is to identify the most direct path, embrace fear and intensity as both evidence that they are on the right path, with the security that not very many others will be able to follow their path - a critical competitive advantage.

- They have a fantastic capacity for tunnel vision that allows them to keep their eye on the prize, while at the same time keeping their eye on the reality of their current existence and achieving results by sticking to the path.

I am sure that throughout your career you have already used one or a combination of the above styles in order to establish your current brand of success.

Here is a quick exercise: Create two columns: one with the title, “Wealth” and the other “Wellbeing”. Take a few moments to write down all of the things that are relevant to you for each topic. Are they balanced? Have you reconsidered some of the things you felt were important before you created the list? Or, perhaps you’ve started to take a look at each definition and how you may revise the columns to balance the scale?

As you consider the above theory and develop your new definition, I am sure, you will begin to establish a balance between wealth and its relationship to your overall wellbeing.

“ Your new model will contribute to your own brand of FLOW². ”

WELLBEING

Wellbeing, includes all aspects of life; health, wealth, family and our connection to the community. The capacity to fully experience life and all of the multidimensional levels is a complex experience and unique to each and every person.

When we are trying to identify and describe “being in flow” we mean a state of happiness and contentment where your personal and professional lives are in sync, enjoying a holistic place in both mind and body.

It is a fluid continuum, ever changing, based on our life experience.

We often find that people understand this state of being and are looking for a few tools to achieve flow. At times, it may seem elusive in our complex, chaotic world where nothing and no one appears to be in a state of flow.

Are you in FLOW²?

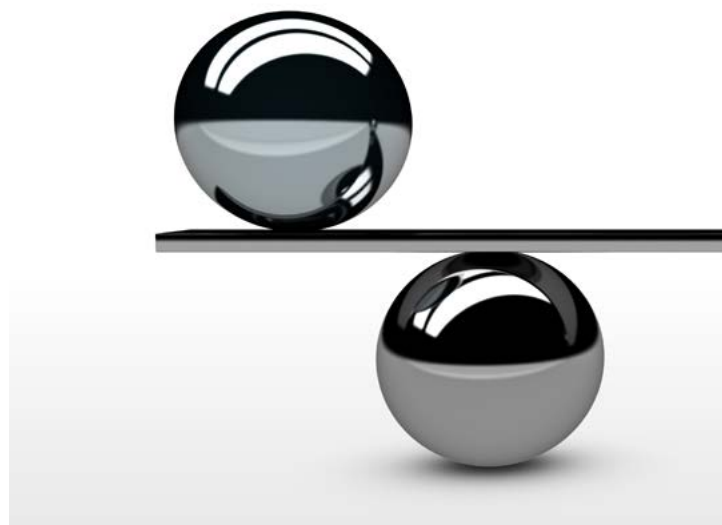
Perhaps, rather than trying to be in control of life, this is our opportunity to explore what life has to offer. A time to aspire to be great – to go for it.

To be outrageously ourselves!

In The Mechanics of FLOW² we start this journey by proactively identifying our values, our purpose, our passion, and strengths – all within the context of finding flow and developing a roadmap on the wealth-wellbeing continuum.

By taking these small steps we are reclaiming our personal power. With each incremental step we attract opportunities that provide us with another personal tool that we may use when moving forward towards our own personal and professional goals and objectives.

What we need to remember is that it is a process. At each stage in the journey we give ourselves permission to change direction or make a course correction based on all of the other elements in life.



“ Wellbeing, includes all aspects of life; health, wealth, family, and our connection to the community. ”



There is no magic formula and no specific path; that is what is so great about FLOW². Each and every one of us has the ability to create our own roadmap using the same fundamental tools that we may revisit based on each new chapter in life.

I'm sure you will remember a number of highlights that you've experienced when you truly felt you were in flow: riding a bike, graduating from college or university, buying a car or baking your first cake. What is important is that it is your own recipe for success.

What is unique about our theory is that you need to find the balance between both wealth AND wellbeing. We truly believe that they are interdependent with each other. Neither element is more important than the other but rather interdependent in finding a balance that gives you the means to enjoy your life while finding the ingredients that give you the power to pursue your holistic path to success.

It answers the question "Why?" and creates a foundation by building on success, by creating a future that positively contributes to society.



Did you ever keep a diary as a child or used sticky notes with reminders for things on your “to do” list? What about keeping a notebook beside the bed so that if you have a great idea in the middle of the night you may quickly jot down your thoughts allowing you to go back to sleep? or Do you ever feel that things are just so hectic that you need to declutter your mind before you are able to relax at the end of the day?



YOUR JOURNAL

Taking inventory of our thoughts and ideas while writing them down is a great tool for success. Writing in a journal helps us to organize, prioritize and develop plans for the future.

What I love about journaling is that there are no rules!

You may choose to categorize your notes into various titles or segments and use headings such as activities, affirmations or gratitude when writing daily, weekly or monthly in a book of your choice.

I'm sure we've all read testimonials from successful individuals on the power of writing and how it positively contributes to the concept and theory of change and transformation.

Here are a few of those quotes from people who have broken their own barriers, living through example by providing us with their own definition of success:

“ Keeping a journal will change your life in ways that you'd never imagine. ”

- Oprah Winfrey



What's in
your journal?

“ Writing in a journal reminds you of your goals and of your learning in life. It offers a place where you can hold deliberate, thoughtful conversation with yourself. ” - Robin Sharma

“ Wellness and writing are connected in ways useful for emotional, physical and spiritual health. ” - John Evans

Through journalling, we are taking the time to chronicle our journey with the objective of providing us with a little personal motivation to choose and achieve our goals.

We all need to remember: **This is our story!**

If the basic principle of FLOW² is to create our own definition of success that includes a balance between both wealth and wellbeing; then there are a number of reasons to journal.

- Take note of or identify and track our goals
- Define our purpose
- Chart a roadmap for success
- Provide inspiration
- Capture ideas
- Create a list of reminders or “to-do’s”
- Clear our minds of clutter
- Review our progress
- Diarize events
- Answer questions

If we take a few moments to do our own research on the subject, we may visit some of the articles found online. In one source, the popular, Harvard Business Review, there are many articles and comments on the benefits of journalling not only as an individual but successful leader.

There is a tremendous amount of power in the ability to write the words, reread the prose and act on the thoughts and ideas that we see in print. It supports taking a moment to reflect on our progress, reevaluating goals in real time, creating a sense of right timing to plan our action items and next steps.

Essentially we are building a foundation or platform for change and transformation. By reading through our notes at the end of the day, week or month we then have a moment to evaluate our progress by analyzing our individual entries. Diarizing that special something that may be transformational in our roadmap to success.

Journalling may also provide powerful information on how to navigate change, perhaps even highlighting specific things that are reoccurring giving us the opportunity to put things into perspective.

It is easy to include journalling as part of our daily routine and encourages thoughtful reflection and consideration for future planning.

There are other practical benefits to this exercise that go beyond the planning and execution of goals. Taking a few minutes at the end of the day to reflect on events is a great way to wind down from the hectic pace of life giving ourselves permission to just simply relax. You may wish to include pictures or articles that serve as friendly reminders for that day's accomplishments or special events. This creates a visual representation of something that you wish to remember and when combined with the words creates a picture for future reference.

In order to assist with The Mechanics of FLOW², we have included a journal with each of the modules. You may use this tool for your unique program and refer to this visual representation of your thoughts and ideas as you complete each module. This may become your own personal reference guide that will organize your thoughts adding to your success by creating the framework to chart and define your own definition of wealth and wellbeing.

When you consider the theory behind FLOW², a journal is a record of occurrences, experiences or observations that records our intentions to track and navigate changes while contributing to our ongoing success.

What is in your journal?



VISUALIZATION

There are many books written on the power of visualization with various techniques to complete a design of your own making. This mental exercise is a great way to calm your mind and set the stage for the future. This may be combined with both journaling and breathing to add to your personal list of tools for success.



To support the theory, research studies were conducted on the importance of being able to not only imagine yourself completing your goals and objectives but being able to feel the success.

Athletes have been using this as a motivational tool to win competitions for decades. Canadian Olympian, Mark Tewksbury won gold in Barcelona using this as one of his training techniques. I remember hearing Mark speak at a national conference as he shared his experience and what he believed, contributed to winning gold.

In his speech he mentioned that part of his training, after practice, was to visualize himself getting up on the podium, arms raised in victory with the crowd cheering. After a few months he could actually feel the elation and joy throughout his body when he closed his eyes and visualized winning. So much so, that before the games, upon arrival in Barcelona he actually went to the pool when it was closed and stood on the podium, arms raised, visualizing the crowd cheering and felt the experience.

The story speaks for itself. He went on to win not only gold, but bronze in the relay at the same 1992 Olympic Games.

This experience at the very least demonstrates the power of visualization and there are many other high performance athletes using the same technique with varying degrees of success.

Now, not all of us are Olympic athletes, but this story supports how effectively this technique may be used to accomplish simple daily tasks such as completing a daily workout, or eliminating sugar from your diet. Just think of all of the different ways in which it may be useful in daily life.

Amy Cuddy, is an American social psychologist and professor at Harvard University completing research on the effectiveness of visualization through the "Power Pose."

She conducted research with Dana Carney and Andy Yap on how nonverbal expressions of power, expansive, open, space-occupying postures affect people's feelings, behaviour and hormone levels. They concluded that when adopting body postures associated with dominance and power or "power posing" for as little as two minutes, you are able to increase testosterone, decrease cortisol, increase appetite for risk, and create better performance in job interviews. This phenomenon has been shared on a widely viewed TedTalk. A colleague, David Brooks summarized the findings with this quote:

“If you act powerfully, you will begin to think powerfully..”

A powerful tool backed by research that yields results!
Now this may be combining both the mental and physical when using the power pose. As an example, standing like Wonder Woman or Superman supports the theory that when we truly believe in something, somehow we make it happen.

As a tool in your personal toolkit, why not give it a try as you create and develop your own unique brand of success.

“Go with the FLOW²”





TAKE A BREATH

We take many things in life for granted. Breathing is one of them. It is a fundamental part of life and we do it spontaneously. We never concern ourselves with whether or not we are doing it correctly, and we by no means need instruction.

Or do we?

I challenge each and every one of you to listen to your body and monitor your breathing.

Keep a journal if you need to! But notice how you automatically, and without hesitation, change your breathing pattern. When you are excited, worried, stressed, scared or as an example in your last fitness routine when you overexerted yourself. You listen to your body...and give it

Why is it then, that we don't use this fundamental tool to calm our nerves or relax our tired, weary bones so that we have a sense of rejuvenation or relaxation when we need it most?

We all know that at the moment stress is the number one cause of illness, creating a whole host of physical and mental concerns.

We may often find that our mind might be racing at warp speed, but our body usually has something else in mind. How? It will begin to dictate or control how we are going to deal with any situation in life. It wasn't until I was in a heightened state of joy, panic or fear that I realized how therapeutic breathing could be if we simply recognized the signals and listened to our bodies. Our breathing pattern changes significantly

depending on the situation and we may use this information as an effective tool to regulate our emotional self.

Let's take exercise as an example: If you've been working out you will notice of course, your breathing will alter during the physical exercise. The higher the intensity; the quicker our breath. If we become tired, our breathing will become laboured. If we are excited, much the same. At times, we may find ourselves in a very stressful situation and it may be at that time, during a shortness of breath, that we begin to realize the consequences if we didn't start to control our breathing.

Have you ever been in a stressful situation and looking for a tool that will begin to calm your nerves?

If we were able to master control of our breathing we would actually be able to reduce stress and the effects of unpleasant situations and bring a sense of calm to our nerves. Here is a technique that you may wish to consider the next time you find yourself "taking a deep breath"



STEP 1

Stressful situation presents itself

STEP 2

Heart starts to race, and we begin to take short shallow breaths to compensate

STEP 3

Become agitated, uncomfortable and sometimes even “sweaty”

STEP 4

We are usually annoyed with ourselves for becoming “stressed”

STEP 5

Take a minute to register the events and take an adult time out

STEP 6

Sit down, or remove yourself from the physical space Simply say: Excuse me! (eg. going to the bathroom, going outside for air, or taking a short stroll to get a drink)

STEP 7

Take a very deep breath, from the belly- slowly inhale through the nose and then exhale through the mouth

STEP 8

Repeat step 7 until you begin to feel relaxed, your heartbeat begins to go back to normal, your palms are no longer sweaty, and you begin to feel a sense of calm and control and body by using your breathe

STEP 9

Just linger in the moment and realize that you have just experienced one of life’s small victories by calming your mind and body by using your breathe

STEP 10

SMILE, and return to normal activity

This is a practical tool that we may all use when faced with a situation where we need to take back control of our bodies and relax!

Sometimes, depending on what was happening, you may even close your eyes just for a minute, or two and relax. Think about a safe location where everything is calm, secure and friendly. There are no judgments, or stress, and everyone is treating each other with respect.



This technique is something that we may adapt with ease and incorporate into many of life’s situations.

Taking a deep breath is a positive life skill.

It is a life-altering, easy to implement remedy.

It is absolutely necessary when navigating our FLOW² journey with a sense of calm now and in the future.

Once you have mastered this technique you may find that it will become second nature and allow you to breathe yourself into a state of control and calm.

Taking a deep breath is a VERY useful tool!

DIET AND EXERCISE

We all know and understand the importance of diet and exercise to our wellbeing. There are numerous books, articles and loads of information available on how we may adapt and create routines that will provide us with the ability to make healthy choices.

After all, if we are not happy and healthy we cannot pursue wealth, which in itself effects our wellbeing. I'm sure you've heard the saying "What came first the chicken or the egg?" You can't have one without the other and I'm not sure which one comes first!

I'm going to take a leap of faith and share a theory: Diet and Exercise is a Lifestyle choice!

When we commit to eating healthy meals and at least walking everyday we will certainly feel better and enjoy a zest for life.

There are a number of gadgets and gizmos that are available that will track our success in support of a billion dollar industry, which provides many opportunities to create our own formula for a healthy diet and exercise.

I like to keep it simple... and use the 80/20 rule.

You know of it and are familiar with it, but, have you used it, to monitor your success?

Here is the concept; if we maintain healthy lifestyle choices at least 80% of the time we then give ourselves permission to stray off course the other 20%. Keeping in mind, that at some point, we have to navigate our way back to our original commitment to 80% of the time

Sounds easy and should be simple to implement; but here is the other ingredient that is necessary to succeed - Commitment!

We need to feel a commitment to a program that makes us feel good and provides a sense of happiness and ultimately wellbeing.

That is why there are a whole host of athletic clubs, trainers and coaches who are available to become your accountability partner on the road to success. They are available at various stages in your journey and I encourage you to find whatever method you feel works to guarantee your success.

PUTTING IT ALL TOGETHER

The theory we have shared on The Mechanics of FLOW² starts a conversation through Functional Learning On Wealth and Wellbeing and is indeed a process that changes with the ebb and flow of life.

As business consultants and coaches, we often find that people understand this state of being and are looking for a few tools to achieve flow. As we take a look at the opportunities for flow, the very description leads us to understand that it is a continuum, fluid and in a constant state of motion. We may each experience flow throughout the day and multiple times within the week, which encourages us to create a pattern of achievement where we find and experience the phenomenon.

“Going with the FLOW²” is a state of happiness, where your personal and professional life are in sync, enjoying a holistic place in both mind and body.

The modules we have created are available as a self study program, coached or part of a Mastermind session where we start a conversation with other individuals who share their experiences as they navigate FLOW².

HERE ARE THE FUNDAMENTALS IN THE MECHANICS OF FLOW² :

VISION

PURPOSE

CORE VALUES

PERSONAL STRENGTHS

BUSINESS STRENGTHS

SHORT-RANGE PLANNING

LONG-RANGE PLANNING - PART 1

LONG-RANGE PLANNING - PART 2

KEEPING SCORE

SUSTAINING SUCCESS





This is a practical program, you may choose to complete in the order the modules are listed or start and finish wherever you'd like... It is designed so that you may customize a program tailored for your specific journey.

Throughout the process we have outlined a "recipe for success" providing the ingredients that contribute to a solid plan that will guide you through the process and contribute to your own definition of FLOW²

I recently attended a brainstorming session where the objective of the exercise was to use a run-on sentence to "get the party started," creating an opportunity for everyone to join in on the conversation. It was a great tool for visualizing the journey without getting too caught up in the details.

Here is our brainstorm that we'd like to share with you on our interpretation of FLOW²:

Whew!

So you see, as a collaborative team, we too have completed the exercises that are found in the program and often refer to the results as we create and refine our own definition and "Go with the FLOW²"

As part of our continued commitment to support your journey, we will periodically add modules to the program for those who'd like to continue the conversation and add additional tools to their personal toolbox.

The modules are found on-line and you set the pace! So dive right in wherever or whenever you may be in your personal journey. You may even wish to revisit a concept or theory as the continuum will ultimately change through time, giving you the flexibility to re-evaluate and reposition your goals and objectives.

As we each personally live in FLOW², it creates an opportunity to share our experience and definition for wealth and wellbeing, finding a balance that is adjusted or realigned by our response to the external factors we encounter in both life and business.

Our friends and family may even choose to join us and define their own personal journey as they too strive for balance. As part of a business team, we have found it is imperative for our overall success that everyone commit to the concept of FLOW², finding the ways each individual may contribute to our unique formula for success.

"We all start with Foundation Building creating the values purpose and vision of our goals and objectives finding Productive People who will join us on the journey and support our Foundation creating a Culture of Engagement where we value and support each other for Smoother Operations that contribute to our overall success with Improved Profit and Revenue that will develop an individuals definition for Wealth and Wellbeing creating a platform for Sustained Performance with a personal Scorecard that contributes to our personal brand of success."



STRATEGIC PARTNERS

We started this venture as three individuals in two businesses, naturally aligned to share information on the processes we've used for wealth and wellbeing. We developed this program with modules using many years of business consulting and practical coaching success.

We are now building a community of individuals who are looking for a holistic way to move through life, using a few trusted tools for change and transformation.

There is nothing better than finding FLOW and living a life that comes from building the confidence to pursue your dreams and navigate change for ongoing success.

We look forward to working with you and your teams as you establish your own definition of FLOW².





SHARON GILMOUR-GLOVER

As an educator, entrepreneur and musician, Sharon brings practical, easy-to-use tools that provide results to complex problems that seem impossible to solve, to the concept of FLOW². With 30 years of experience as an educator and entrepreneur, she brings a deep understanding of what motivates people to take action and sustain change to help clients achieve results.

“Whether in education, music or business, the successful people I’ve encountered all have this in common; everything they do, in their personal and professional lives, stems from their deep rooted beliefs and passion. They create their own path to success. They live FLOW².”

TIM GLOVER

An accountant, artist and musician: Tim brings 30 years experience as a senior executive and entrepreneur and a lifetime of experience as an artist and musician to his work on FLOW². Through his work as a senior executive, Tim learned to translate the fundamentals of business into bite-sized, practical chunks. His “left-brain” careers in advertising, music, art and shiatsu massage therapy taught Tim to apply innovation, adaptability and creativity in business to take advantage of emerging opportunities.

“The most satisfying part is watching my clients and their teams grow as individuals as they grow their business. Sustained success in business only ever happens when the people leading and working in the business tap into their own internal fire, aspiration, inspiration and resilience. That’s FLOW².”



TRISH TONAJ

As a coach, author and speaker, Trish combines over 25 years as an Entrepreneur with a commitment for life-long learning to the concept of FLOW². Working with individuals and leadership teams in various industry sectors, Trish provides a practical approach to finding solutions for success in today’s fast-paced environment. Her experience with membership organizations creates a platform for engagement, profit and growth.

“Working with individuals and leadership teams to develop their own roadmap for success creates an opportunity for each person to define goals, navigate change and achieve results. When you follow your passion, you create your own definition of FLOW² and build the foundation for wealth and wellbeing.”

DEFINE YOUR GOALS

NAVIGATE CHANGE

ACHIEVE RESULTS



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