



Human Optimization

Pod Club Discussion Questions



E57 - The State of Flow: How to Maximize

Guest: Biju Samkutty, the Chief Operating Officer of International and Enterprise Automation for Mayo Clinic

The three big questions explored in the podcast:

Question 1

What is the state of flow and why is it critical for performance and wellbeing?

Question 2

Why do we struggle to access flow consistently, and how does this shortfall hurt our productivity and happiness?

Question 3

What proven methods can we use to maximize flow in daily life and work?

Discussion Questions:

1. When was the last time you were so immersed in a task that you "lost time"? What were you doing, and what was the environment like?
2. Biju mentions that most people spend less than 20% of their time in flow. If you had to guess your own percentage, where would it land? What is the biggest "flow-killer" in your current routine?
3. Think of a task that currently stresses you out. Is the challenge too high for your current skill level, or is it just a "busy work" task with no challenge at all? How can you recalibrate it?
4. Do you have a "start-up" ritual for your brain (e.g., a specific playlist, a clean desk, a cup of coffee)? If not, what is one 5-minute habit you could start tomorrow to signal to your brain that it's time for Deep Work?
5. Look around your current workspace. What items are acting as "visual noise" and pulling you out of focus?
6. Biju discusses the "victim mentality" regarding our calendars. How much of your day do you feel is truly yours? What is one boundary you can set this week to reclaim 60 minutes of "protected time"?
7. As a team, how can we signal to each other that someone is in a "Flow State" and shouldn't be interrupted?
8. Based on this episode, what is one small change you are going to make to help improve in this area. How are you going to keep yourself accountable to that and measure your success? (Be sure to keep it simple, start small, and make it very clear).