

THE "DIFFICULTY DIAL" INSTRUCTIONS

DETAILED INSTRUCTIONS FOR USING THE TOOL

01 Set Up

- Place the Difficulty Dial on your desk or pin the printed version near your workspace.
- Before starting a task, reflect briefly: “Does this feel too easy, just right, or too hard?”
- If Too Easy: Add constraints to make it engaging — for example, shorten the time limit, add creative requirements, or set a higher performance goal.
- If Too Hard: Break the task into smaller, more achievable steps or get clarity on one manageable starting action.
- Adjust until the task feels Just Right (Flow Zone) — stimulating, but within reach.

Begin working immediately once your dial is set.

02 Masterclasses

- Challenge–Skill Matching: Finding Your Flow Zone
- Hacking Flow: The Secret to Peak Productivity
- The Sprint Mindset: Managing Cognitive Energy

03 More Tools

- The Flow Triggers Poster & Checklist
- The Pomodoro Timer & Focus Menu
- The Pre-Flow Ritual Recipe Cards