



ANJON ATHLETICS

FLOW STATE JOURNAL

ASSESS | DEVELOP | PROCESS | REFLECT | ELEVATE

Elevating
the Heart
the Intellect
the Will

ATHLETE NAME	DATE	ENERGY LEVEL	/ 10
SESSION NUMBER:	PROGRAM	FOCUS LEVEL	/ 10

FLOW INTENTION

What is my intention for today's session?

Why does this matter to me?

FLOW TRIGGERS

Music	Environment
Breathing	Routine
Visualization	Other
Warm-Up	

FLOW CYCLE

ENTER	ENGAGE	EXPAND
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How did I arrive today?	When did I feel locked in?	When did I feel in my zone?
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Energy	/ 10	Energy	/ 10	Energy	/ 10
Focus:	/ 10	Focus:	/ 10	Focus:	/ 10

EXPRESS	EXIT
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When was I performing freely?	How did I finish?
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Energy	/ 10	Energy	/ 10
Focus:	/ 10	Focus:	/ 10

DISTRACTION DETECTOR

What tried to pull me out of flow?

Overthinking	Fatigue
Pressure	Emotions
Mistake	Comparison
Outside Noise	Other

What helped me stay present?

FOCUS FILTER

What helped me stay present?

What will I do more of?

What will I eliminate?

CHALLENGE BALANCE

How was the challenge-to-skill balance today?

Too Easy	1-3
Just Right	4-7
Too Hard	8-10

What made it the right level?

What can I adjust next time?





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PEAK MOMENT

What was my best moment today?

What made it feel effortless?

RECOVERY RESET

How will I reset and recharge after today?

Hydrate

Sleep

Mobility

Nutrition

Stretch

Breathwork

Time Offline

Other

FLOW TAKEAWAYS?

1.

2.

3.

FLOW STATE PROFILE

Where did I live most of today?

PRESENT	1	10	FUTURE
CALM	1	10	INTENSE
PROCESS	1	10	OUTCOME
CONTROL	1	10	LET GO

FLOW FUEL

What fueled my flow today

Body

Mind

Heart

What will I fuel better next time?

COACH FEEDBACK

Flow Triggers Observed:

Flow Strengths

Next Flow Opportunity

RECOVERY PASSPORT BADGE



BADGE:

Date:

