PEPPER TIME 30: FIND YOUR FLOW

Timing: 15–20 minutes to practice today.

What you'll need: A quiet space and an enjoyable task.

What it's about: Training yourself to slip into flow.

How to do it:

1. Pick a task you enjoy. It could be making coffee, playing sudoku, brushing your dog, or cooking dinner. Don't pick something too easy—flow requires just enough stretch to keep your brain engaged.
2. Raise the challenge slightly. If you're cooking, try a new recipe. If you're cleaning, see how precisely or quickly you can finish one area. If you're tasting wine, try guessing the grape or writing tasting notes. The goal is to make the task just beyond your current ability— challenging, but not overwhelming.
3. Clear distractions. Switch off your phone. Close the door. No multitasking. Flow needs your full attention.
4. Drop the finish line. Flow isn't about completion—it's about immersion. Focus on the process itself, not the outcome. Savor the steps as they unfold.

What to expect: Your Judge will try to tell you it's a waste of time. Stay with it. Notice when the chatter quiets and you feel absorbed. That's the doorway to flow. And the more you practice, the easier it gets to step back into it.
Flow is not a luxury. It's alignment. It's where your head, heart, and gut stop fighting and start working together as effort meets ease and your spark expands.