



Creating Flow

WORKBOOK

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This workbook is your guide to gently reconnecting with yourself—one small, meaningful step at a time. It's designed to support you in rebuilding self-trust, clarity, and personal growth, especially when life has felt overwhelming.

1. Cultivate Awareness of Your Small Wins

Discover how small, mindful actions can shift your energy and help you feel more connected to yourself.

2. Develop Emotional Connection in a Supportive Way

Gently explore your emotions and body sensations, creating space for self-compassion and curiosity.

3. Celebrate Your Progress Visually

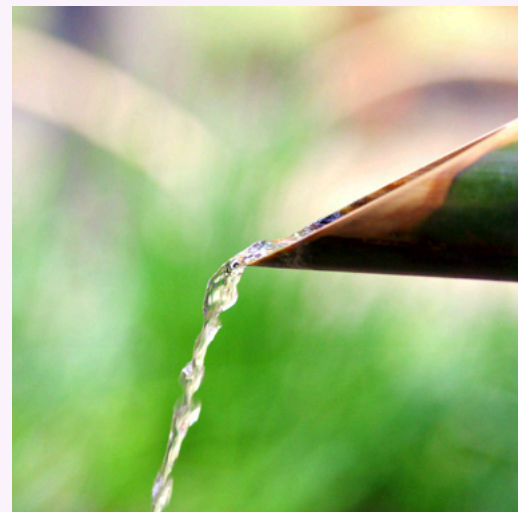
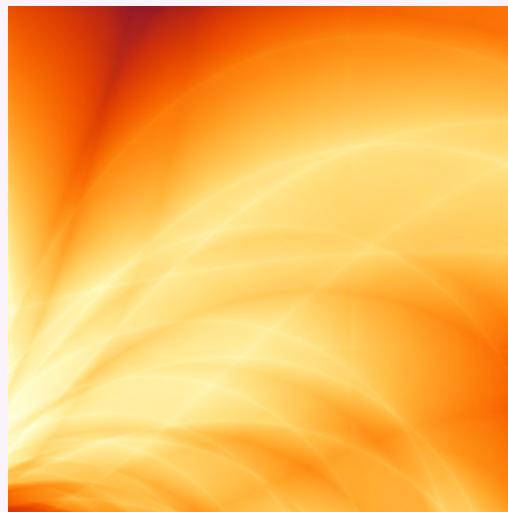
Use reflection prompts and simple tools to track your growth, reminding yourself how far you've come.

4. Build Momentum and Joy

Watch confidence grow as you take aligned, intentional steps toward trusting yourself again.

HOW TO USE THIS WORKBOOK

1. Set aside a few quiet moments to work through the pages at your own pace
2. Begin with the Flow & Functional Freeze section to understand why reconnecting with Flow matters in your healing journey
3. Try one of the Flow Activators to gently shift your mindset and prepare for deeper self-reflection
4. Move through the Self-Coaching Session, using the guiding prompts to explore your awareness, motivation, and next steps
5. Create a personal, meaningful action step that feels manageable and supportive for where you are right now
6. Revisit this workbook as often as needed—Flow is a practice, and you can return to these tools anytime you're ready to reconnect with yourself



FLOW & FUNCTIONAL FREEZE

You've probably had those moments where everything just clicks. Time seems to disappear, you feel energized and focused, and you're completely absorbed in what you're doing. Whether it's writing, painting, hiking, or even deep conversation—this state where you're fully present and engaged is called Flow.

The idea of Flow was first described by psychologist Mihaly Csikszentmihalyi, a pioneer in positive psychology who spent decades studying what makes life truly fulfilling. His research showed that Flow isn't just a nice feeling. It is linked to deeper creativity, performance, and personal growth.

But what happens when life feels... frozen instead?

That's where the idea of Functional Freeze comes in. It's when you're going through the motions—showing up, working, caring for others—but inside, you feel emotionally disconnected, stuck, or even numb. If you've ever felt trapped between overwhelm and exhaustion, you know this experience all too well.

The good news? Flow and Freeze are both states, and just as you can slip into Freeze, you can also shift back toward Flow with awareness and gentle, intentional steps.

What is Flow?

Flow is often described as being “in the zone”.

- Complete absorption in the task
- Loss of self-consciousness
- A balance between challenge and skill
- Clear goals and immediate feedback
- A sense of control over the activity

What is Functional Freeze?

Functional Freeze, on the other hand, is a stress response state where you appear functional but feel emotionally disconnected, overwhelmed, or stuck inside. While *Flow* involves presence and energy, *Functional Freeze* involves overwhelm and shutdown.

CREATING FLOW ACTIVATORS

Now that you've begun exploring what Flow feels like and how to shift gently from Functional Freeze, it's time to take the next step: creating simple, supportive activators to help you reconnect with yourself—one small step at a time.

Flow Coaching teaches us that sustainable change happens when we focus on small, meaningful actions rather than dramatic transformations. Think of this section as your guide to experimenting with simple tools that can gently nudge you closer to Flow, even when life feels overwhelming.

Flow Activators are small, intentional activities designed to help you reconnect with presence, curiosity, and calm. They work by:

- Activating gentle awareness (noticing without judgment)
- Encouraging emotional connection (getting curious about how you feel)
- Restoring a sense of control (taking small steps within your capacity)

These practices are not about "fixing" yourself—they're about building a sense of safety, choice, and self-compassion.

Here are five Flow Activators you can explore. Choose **one** to try this week.

Flow Activator 1: The Two-Minute Pause

Building Awareness & Presence

- Sit comfortably and close your eyes.
- Take a slow, deep breath in through your nose. Hold briefly.
- Exhale fully through your mouth.
- Repeat for two minutes, simply noticing your breath and how your body feels.

How This Works: Slowing the breath can gently signal safety to your nervous system, supporting a shift from Functional Freeze into awareness.

CREATING FLOW ACTIVATORS

Flow Activator 2: Micro-Journaling

Releasing Mental Clutter & Building Clarity

- Set a timer for 3 minutes.
- Write down whatever thoughts come up—no structure, no filter.
- Stop when the timer goes off.
- Look back and circle anything that feels important or interesting.

How This Works: When thoughts feel overwhelming, writing them down can create clarity and reduce mental fog.

Flow Activator 3: Sensory Reset

Engaging the Senses to Interrupt Functional Freeze Patterns

- Put on calming instrumental music or nature sounds.
- Close your eyes and focus on the sound for one full song.
- Notice how the sound feels in your body. Does it bring calm? Curiosity?
- Afterward, take a moment to journal how you feel.

How This Works: Engaging the senses can help shift focus from mental overwhelm to physical presence.

Flow Activator 4: Nature Connection

Grounding Yourself in the Present Moment

- Step outside, even if just for a moment.
- Take 3 slow breaths and notice:
 - What do you see?
 - What do you hear?
 - What do you feel under your feet?
- Stay for as long as feels comfortable.

How This Works: Nature can be a powerful regulator for the nervous system, helping break patterns of overwhelm.

CREATING FLOW ACTIVATORS

Flow Activator 5: The Gentle “Yes” Check-In

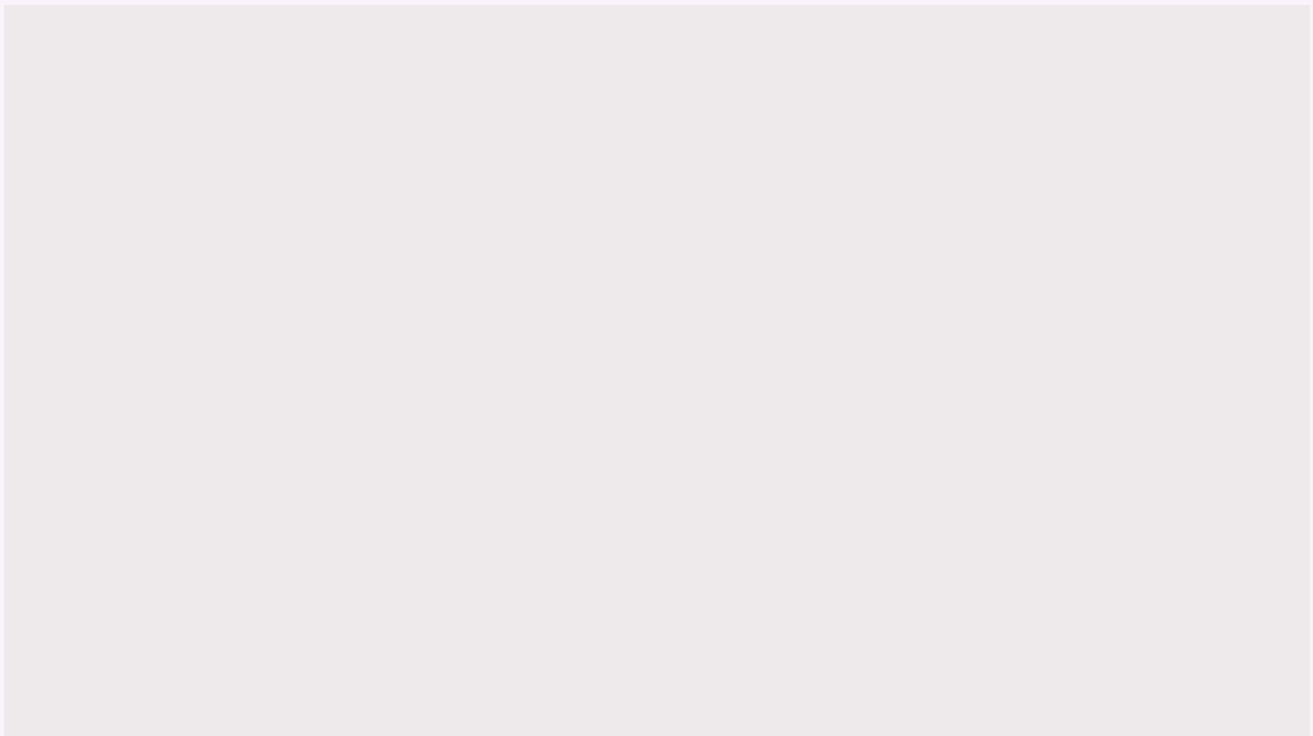
Rebuilding a Sense of Choice

- Sit quietly and ask yourself: “What is one small thing I feel a full YES to today?”
- It could be something as simple as:
 - Drinking a glass of water.
 - Stretching for 30 seconds.
 - Listening to a favorite song.
- Honor that YES by following through with the action.

How This Works: Rebuilding trust with yourself through small, positive choices helps restore a sense of control.

After trying an activator, gently reflect on the following:

- What did I notice about how I felt before and after?
- Was there any sense of relief, calm, or curiosity?
- What felt supportive? What felt challenging?



SELF-COACHING SESSION

This guided self-coaching process mirrors the structure of a Flow Coaching session. It's designed to gently support you in shifting from feeling emotionally stuck into a state of greater clarity, presence, and intentional action.

Setting Your Intention

Start by clarifying why you're here in this moment.

- What feels most important for me to explore or shift today?
- What would feel like a meaningful outcome from this reflection?
- If I could walk away with one key insight, what would it be?

Pause here. Allow yourself to name a clear focus, even if it feels small.

Step 1: Clarifying What You Want

This step is about gaining clarity without judgment.

- What do I really want for myself right now?
- What feels most important to shift or explore?
- What values or personal truths feel relevant to this goal?

Guidance: If you're not sure yet, that's okay. Flow Coaching begins with curiosity, not certainty.

Step 2: Why This Matters to You

Functional Freeze can create a disconnect from what matters most. Reconnect gently with why this shift matters.

- Why is this important to me at this time?
- What would feel different if I took a small step toward this?
- How would shifting this impact my wellbeing, relationships, or sense of purpose?

Guidance: This step isn't about pushing yourself—it's about remembering your personal "why".

SELF-COACHING SESSION

Step 3: Small Steps Toward Change

This is where clarity turns into action.

- What's one small step I could take today that feels supportive?
- How could I make this step feel manageable, even if my energy is low?
- What resources (inner strengths, tools, or support) can I draw on?

Gentle Reminder: The goal here is progress, not perfection. Micro-actions create momentum.

Step 4: Defining Success in This Moment

Let's define what meaningful progress could look like.

- What would success feel like for me today?
- How will I know I've made progress, even if it's small?
- What evidence will show me I'm moving forward?
- How will I celebrate my success or reward myself?

Example: Success might simply mean feeling more emotionally present or taking a break without guilt.

Step 5: Sustaining Your Progress

Functional Freeze often feels like progress slips away. This step helps you anchor new habits with kindness.

- What could help me stay present with this intention moving forward?
- How can I remind myself of my progress on difficult days?
- What strategies have helped me stay focused in the past?

Consider a simple practice like journaling small wins, using visual reminders, or asking a friend to be an accountability buddy.

SELF-COACHING SESSION

Step 6: Takeaways & Integration

Before wrapping up, reflect on what stood out from this self-coaching session.

- What insights have I gained about myself today?
- What's one thing I want to remember from this session?
- How does this experience shift my perspective on what's possible?

SELF-COACHING SESSION

Step 7: Putting Insight into Gentle Practice

In Flow Coaching, action steps come from your own inner wisdom. The goal here is to gently reconnect with your capacity to choose small, meaningful steps that feel supportive as you move forward.

Take a moment to reflect on what feels true for you after this session.

Let Yourself Be Inspired:

Below are examples of functional steps that people emerging from Functional Freeze often create for themselves. Notice if any of these spark an idea for you.

"I will honor one of my personal energy boundaries this week."

"I will face one financial task I've been avoiding and take a small step forward."

"I will prioritize rest by going to bed 15 minutes earlier one night this week."

"I will reconnect with someone supportive, even if it's just a short message."

"I will create more calm in my space by clearing a small area like a nightstand."

Creating Effective Action Steps

- Keep it Small: A tiny step is still progress.
- Stay Connected to Your "Why": Reflect on why this action matters to you.
- Self-Compassion Over Perfection: If it feels too much, simplify it further.

SELF-COACHING SESSION

Your Turn: Create Your Own Action Step

Take a moment to create a next step that feels authentic and achievable for you.

My next step this week will be:

How will I know I've followed through?

CONTINUING YOUR FLOW JOURNEY

You've already begun.

By showing up for yourself and moving through this workbook, you've taken meaningful steps toward reclaiming presence, balance, and self-trust.

Remember: Flow is not a one-time achievement—it's a practice of staying connected to yourself.

Reflection for the Week Ahead

Take a few moments to check in with yourself after completing your action step.

- What felt different after taking this step?
- What progress am I noticing, even if it feels subtle?
- What did I learn about myself during this process?

CONTINUING YOUR FLOW JOURNEY

Using the Self-Coaching Session Again

The self-coaching session is designed to be a tool you can return to anytime. Whether you're working through a new challenge, feeling stuck, or seeking clarity, it can help you:

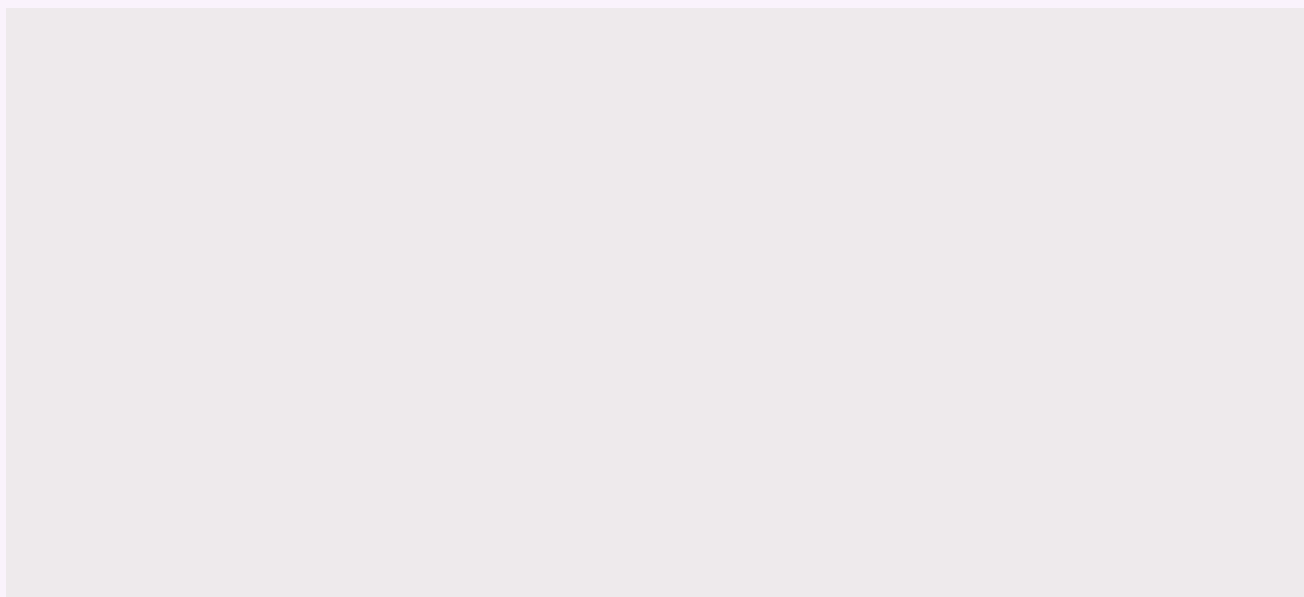
- Reconnect with what matters most to you.
- Clarify your goals and intentions.
- Create small, meaningful action steps—on your own terms.

Next time you use this process, consider:

- Trying a new Flow Activator to prepare yourself.
- Revisiting past action steps to notice your growth.
- Adjusting the prompts based on what feels most helpful in the moment.

Session Follow-Up

- What action step did I take last week?
- How did it feel?
- What will I explore next?



Thank You

FOR EXPLORING THE CREATING FLOW WORKBOOK

This workbook is just the beginning, a gentle guide to reconnecting with yourself through small, meaningful steps that honor your pace and personal growth. If you've found these tools helpful, we invite you to continue exploring this transformative path with us.

Discover the full **Functional Freeze Formula** in the book, where you'll gain a deeper understanding of Functional Freeze and the tools to support your healing journey.

If you wish to continue working with these tools in a more profound way, we offer free practice circles as well as guided programs that bring together live sessions, community, and advanced practices to help you grow beyond survival mode and create lasting change.

For the most up-to-date information on upcoming events and programs, please [visit our website and sign up for our newsletter.](#)

Wherever you are on your journey, give yourself permission to take things one step at a time. Progress happens in the small moments, and every step matters.

We're so glad you're here!