



## Lesson practice: The science of flow

Student name: \_\_\_\_\_ Date: \_\_\_\_\_

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### Part 1: Multiple choice

*Circle the correct answer (A, B, C, or D).*

1. According to Steven Kotler, what happens to "time" during a flow state? A) It stops completely. B) It dilates (passes strangely). C) It speeds up for everyone. D) It becomes more stressful.
  2. Who is known as the "Godfather of Flow Psychology"? A) Steven Kotler B) Friedrich Nietzsche C) Mihaly Csikszentmihalyi D) William James
  3. What is the "Golden Rule" of flow? A) The task must be very easy. B) The challenge must slightly exceed your skill set. C) You must work with a large team. D) You should check your email every 15 minutes.
  4. Which neurotransmitter is responsible for driving focus and pattern recognition? A) Melatonin B) Dopamine C) Adrenaline D) Cortisol
  5. The German word "rausch" used by Goethe means: A) Hard work B) Deep sleep C) Overflowing with joy D) Total silence
  6. If a coder is interrupted in flow, how long can it take to get back in? A) 2 minutes B) 15 minutes C) 1 hour D) They can never get back in.
  7. What does Kotler mean by "focus for free"? A) Concentration that requires no effort because of curiosity. B) Studying without paying for a tutor. C) Focusing on many things at the same time. D) Meditation techniques.
  8. According to the hierarchy of motivators, what follows "Purpose"? A) Money B) Autonomy C) Boredom D) Sleep
  9. What is "group flow"? A) Everyone in a room being bored. B) A shared collective version of a flow state. C) A meeting where everyone talks at once. D) Following a teacher's instructions exactly.
  10. What is the primary "biological" requirement for flow according to the video? A) High caffeine intake. /B) Complete concentration. C) Working only at night. D) Having a messy desk.
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## Part 2: True or false

Write T for True or F for False.

1. \_\_\_\_ Flow is a state of "effortless effort."
  2. \_\_\_\_ Only humans are capable of entering a flow state.
  3. \_\_\_\_ Our "frown muscles" tend to be paralyzed when we are in flow.
  4. \_\_\_\_ You should try to block out at least 90 to 120 minutes for deep work.
  5. \_\_\_\_ Curiosity is considered the most basic human motivator.
  6. \_\_\_\_ To reach flow, you should "snap" rather than "stretch."
  7. \_\_\_\_ Complexity and novelty can trigger dopamine release.
  8. \_\_\_\_ People with more flow in their lives report lower life satisfaction.
  9. \_\_\_\_ Steven Kotler prefers to work in the evening as a "night owl."
  10. \_\_\_\_ "Robot mode" is a sign that the brain is struggling to think.
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## Part 3: Fill in the blanks

Use the words from the bank below to complete the sentences. Each word is used only once.

Word bank:

Autonomy | Dilate | Intuition | Absorption | Mastery | Novelty | Physiology | Seamlessly | Amplify | Optimal

1. When we are in flow, one action leads \_\_\_\_\_ into the next.
  2. \_\_\_\_\_ is the desire to have the skills to pursue your purpose well.
  3. Because of \_\_\_\_\_, five hours of work can feel like only five minutes.
  4. The state of total \_\_\_\_\_ means you are so focused that the world disappears.
  5. \_\_\_\_\_ involves the internal functions of your body, like your sleep cycle.
  6. We need \_\_\_\_\_ to have the freedom to pursue our own goals.
  7. Flow is described as \_\_\_\_\_ performance, or the best a human can do.
  8. Our \_\_\_\_\_, or "gut feeling," becomes much stronger in the zone.
  9. The brain craves \_\_\_\_\_, which is the quality of being new or unusual.
  10. Flow helps to \_\_\_\_\_ our results beyond what we normally expect.
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**Answer key for the teacher**

**Part 1 (MC): 1:B, 2:C, 3:B, 4:B, 5:C, 6:B, 7:A, 8:B, 9:B, 10:B**

**Part 2 (T/F): 1:T, 2:F, 3:T, 4:T, 5:T, 6:F, 7:T, 8:F, 9:F, 10:F**

**Part 3 (Fill-in): 1. Seamlessly 2. Mastery 3. Dilate 4. Absorption 5. Physiology 6. Autonomy  
7. Optimal 8. Intuition 9. Novelty 10. Amplify**