



## Seeking Principles & Truths

Every Meaningful Life Arena is governed by Technical truths/principles that inform best practices (these are discipline specific). There are other Flow/Performance truths/principle-based best practices (goals, focus, feedback, etc.). We need both sources of best practices to optimize our experiences and performance.

For this exercise, consider these 2 questions:

1. What best practices (governed by truths/principles) have you discovered within your craft (Technical & Flow/Performance)?
2. What are new sources for gathering new truths/principles and best practices?

Essentially, how do you capture what you “know” while seeking greater knowledge to improve “who” you are becoming in the pursuit of excellence.

## Capture Your Best Practices

Begin by identifying the arena under exploration. On the left, make a list of all the best practices you can think of—a “What Works Every time” list—capturing both Technical and Flow/Performance-based best practices. Explain each best practice in detail.

Continue to add to this list every time you identify a new best practice. Reflect on these regularly to make optimal use of them. Is this a Technical or a Flow/Performance best practice?

Flow Arena: \_\_\_\_\_

Technical Principles/Best Practices (What Works Every Time)	Explain It:

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Technical Principles/Best Practices (What Works Every Time)	Explain It:

## Identify New Sources of Knowledge/Best Practices

None of us knows what we don't know so growing awareness, knowledge, and new best practices is key. To optimize technical and performance enhancing skills you need to be on a consistent quest for principled truths that inform your best practices—for reducing error, removing noise, and upping your game.

In the spaces below, identify new sources for identifying new knowledge best practices. Improving technically will include learning from the experts in your field, scientific or technical research, or trying new experiments. To improve your performance, use the Attentional Leadership assessment ([www.1080sweep.com](http://www.1080sweep.com)) to identify specific areas of improvement. Use the Flow Library as a key resource. Consider listing specific books, journals/periodicals, websites, blogs, associations, thought leaders, guru's, etc.

### Technical/Expert Sources

As you identify and learn new best practices, keep adding to list 1. As you identify new sources for discovering these principled truths and best practices, add these to list 2.