

**To: Leadership Educators**  
**From: Bruce H. Jackson**  
**Re: Free Personal Leadership Tools for Students, Faculty & Staff**

Dear Leadership Educator:

I hope this academic year is finding you and your students ready to excel.

For the past 5 years I have been writing a series of **Finding Your Flow tools** (60 of them and growing) to help students and professionals become more acquainted with the principles, tools, and practices that remove barriers and increase focus for academic, sport, extra-curricular, and professional success.

The Finding Your Flow Toolkit is free for your students, faculty & staff and come weekly throughout the school year to help them perform at their best—to find their “Flow” or “Zone” of highest functioning. These tools are an extension of the book and training program: *Finding Your Flow: How to Identify Your Flow Assets and Liabilities—the Keys to Peak Performance Every Day* ([www.amazon.com](http://www.amazon.com)).

I have included a brief note that you can send directly to your students, faculty & staff. Also included is a list of topics covered in this series.

Thank you for your commitment to develop our current and next generation of leaders. Assisting you in this process is my passion!

Sincerely,



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P.S. Should you want a speaker, trainer, or lecturer to explore these topics in greater depth, feel free to reach out.

**[CLICK HERE](#) to receive 60 Free Flow Tools (one weekly)  
to grow your personal leadership potential**



## Finding Your Flow Personal Leadership Topics

<b>The 12 Dimensions and 21 Flow Questions</b>	<b>Finding Your Flow through Personal Comfort</b>
<b>Controlling the Controllable</b>	<b>Nutrition and Flow</b>
<b>Your Commitment to Excellence</b>	<b>Fitness Strategies for Peak Performance</b>
<b>Choosing the Right Environment</b>	<b>Optimal Energy &amp; Stress</b>
<b>Tools and Resources for Creating Flow</b>	<b>Strategic Disengagement</b>
<b>Setting and Organizing the Stage</b>	<b>General Health &amp; Wellness Strategies</b>
<b>Removing Distractions</b>	<b>Entering the Performance Moment</b>
<b>Tapping into a Higher Power</b>	<b>Engaging the Performance Moment</b>
<b>The Power of Purpose</b>	<b>Exiting the Performance Moment</b>
<b>Clarifying Empowering Beliefs</b>	<b>Measuring Daily Progress &amp; Success</b>
<b>Embracing Your Uniqueness</b>	<b>The Value of Reflection</b>
<b>Placing Value on Values</b>	<b>The Effective Use of Mistakes</b>
<b>Discovering Intrinsic Motivators</b>	<b>Building Self-Confidence</b>
<b>Defining Life Missions</b>	<b>Leveraging the Past</b>
<b>Exploring a Personal Vision</b>	<b>Faith in the Process &amp; Outcome</b>
<b>Designing Your Legacy</b>	<b>Minimizing Self-Judgment</b>
<b>Building Your Personal Philosophy</b>	<b>Finding Complexity through Simplicity</b>
<b>Goals/Your Architecture of Focus</b>	<b>Finding Simplicity through Complexity</b>
<b>Time Maximization 1: Building Rituals &amp; Routines</b>	<b>Variety, Novelty, Disruption &amp; Innovation</b>
<b>Time Maximization 2: Moving the Needle on Today's Goals.</b>	<b>Personal Needs &amp; Life Balance</b>
<b>The Dynamics of Focus</b>	<b>Managing Flow: Seeing the Whole System</b>
<b>Mental Flexibility. The Power of Perspective</b>	<b>The Evolution of Flow</b>
<b>Building Technical Mastery</b>	<b>Being a Life Long Learner</b>
<b>The Practice of Mindfulness</b>	<b>Examples of Excellence</b>
<b>Mastering Inner Dialogue</b>	<b>The Journey Continues</b>
<b>The Power of Visualization</b>	<b>Conducting Your People Audit</b>
<b>Building Emotional Resiliency (Part 1)</b>	<b>Communicating Effectively</b>
<b>Building Emotional Resiliency (Part 2)</b>	<b>Embracing Conflict</b>
<b>Separating the Ego from the Craft</b>	<b>Building Effective Relationships and Alliances</b>
<b>Mastering Interpersonal Feedback</b>	<b>Building Synergy</b>