

To: Student Leaders
From: Bruce H. Jackson
Re: Free Personal Leadership Tools for You!

Dear Student Leader:

I hope this academic year is finding you well and ready to excel in school, sport, extra-curricular activities, work, and life!

As an educator of students and professionals for more than 20 years I have spent these last 5 years writing a series of **Finding Your Flow tools** (60 of them and growing—see list below) to help you become more familiar with the principles, tools, and practices that remove barriers and increase focus to support your academic, sport, extra-curricular, work, and life success.

The Finding Your Flow Toolkit is free and comes weekly throughout the school year to help you perform at your best—to find your “Flow” or “Zone” of highest functioning. Just click below to get started.

I’m hopeful that the tools offered in this series will help you focus on your WIN (What’s Important Now)—giving you a comprehensive toolkit to excel in school and every other personal and professional life arena.

May you have a tremendous academic year—finding the best in yourself and others as you seek to grow your personal leadership potential.

Sincerely,



Bruce H. Jackson, Ph.D., MBA/MPA
bruce@theiahe.com

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



Finding Your Flow Personal Leadership Topics

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