

Hello!

“Our mission is to empower everyone to feel productive and in control of their day, their week, and ultimately their lives. We want the world to find their flow-state on the daily.”

– Flojo

What is Flojo?

A journal dedicated to productivity, time management and finding your flow-state on the daily. Here we share thoughts, ideas, vulnerable real-life stories, and practical tips for increasing productivity, avoiding burnout and managing decision making.

Flojo is for the dreamers, the do-ers, the procrastinators and list-makers. It's for the 'someday I might-ers' and the 'getting it done-ers'.

Where did the name ‘Flojo’ come from?

(and no....it’s not the American track and field athlete)

Flo(w) – In positive psychology, a flow state, also known as being in the zone, is the mental state in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. In essence, flow is characterised by the complete absorption in what one does, and a resulting loss in one’s sense of space and time.

Jo(urnal) – A record of what you have done, plan to do, or of descriptions or thoughts, written each day or frequently over a long period.

**side note... Flojo also rhymes with mojo, which, according to the Cambridge English Dictionary, “is a quality that attracts people to you and makes you successful and full of energy” (and we kind of like that!)*

About Us

Who is behind Flojo?

Flojo was brought into the world by Katie Lodge through the need to live a more creative, productive and fulfilling life.

A keen interest in self-development and knowledge work has led her down a path of exploration, with a focus on productivity, decision making and ‘getting it done’.

Flojo is where some of these ideas, learnings, and experiences are shared.

Often raw. Sometimes borrowed. Always honest.

Finding your passion & purpose

Exercise | Finding your passion & purpose

So what's next?

We all have times in our lives when we find ourselves at a cross roads or tough decision, and ask ourselves “Where now? What’s next?”

Many of us are searching for our lifes purpose, or trying to figure out what we can offer the world (and get paid for it).

For some, we are thinking about finding a way to live life on our terms – with the freedom, flexibility and financial security we need to live a happy, joy filled life.

I get it... I’ve been there. And boy... I won’t lie – it can be really tough. We are living in a world with so much potential, so many options, but in some ways, this makes it even more difficult for us to choose and make decisions.

Over the following slide is a diagram and a series of questions designed to get you thinking about the things that really matter to you, where you’ve come from, and where you want to go, so that together, we can start to make a plan to put the next steps in place to help you get there.

I would like to invite you to explore these questions with an open, honest heart and positive mindset so that you get the most out of the exercise.

And remember, I’m here to help so let me know if you experience any blockages in your thoughts, or challenges in answering the prompting questions. And don’t forget.... there are no right or wrong answers

Before you start, I would like to invite you to relax, close your eyes, take 10 x deep breathes – in through your nose, out through your mouth... and then say to yourself out aloud – “*I know I can accomplish anything I set my mind to.*”

Let's begin.

Exercise | Finding your Passion & Purpose

How does this work?

So in each of the four circles you will see:

- What you love
- What the world needs
- What you can be paid for
- What you're good at

Start to think about each of these segments and on a piece of paper, make a list of all the things that spring to mind. It could be anything!

ps. We aren't always good at singing our own praises... the first time I did this I wrote down 'parallel parking' under 'things I'm good at!! Start with what comes to mind, and ask a friend what they think you are good at if you get stuck.



Print me out...

What I love

What I'm good at

What the world needs

What I could get paid for

Exercise | Finding your Passion & Purpose



Where have you come from?

How have you become who you are? What have been the main decisions, events and challenges in your life?

Who have been your main influencers and champions?

Think about your education, your home, where you grew up, your family traits and traditions.

Make a note of keywords that strike you as important.



What is really important to you?

Write down the first three things that come into your head. You don't need to be specific or go into too much detail.

What are your values? What do you believe in? What are your non-negotiables?

What makes you come alive?

When do you feel most 'in the zone'?



What's holding you back?

What aspects of your life prevent you from thinking about the really important things?

If money was no object, what would you be doing for work because your truly loved it?

What would you stay up doing until 2am before you were absorbed in the moment and time stood still?



What are you afraid of?

Write down the things, circumstances, or people that cause you worry or make you feel anxious in some way.

What scenarios or environments steal your energy or make you feel negative in some way?

What negative patterns or habits do you keep repeating?

Print me out...

Where have I come from?

What is really important to me?

What's holding me back?

What am I afraid of?

How did you get on?

We'd love to know what interesting insights, sparks of energy and realisations came up for you during those exercises.

Drop us a note to let us know.

– Flojo

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