

The Sonic Psyche

Attune Your Mind

FLOW READINESS QUIZ



Dr. Natalie Jennifer Jones

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INTRODUCTION:

We've all experienced times when focus feels effortless, and others when our thoughts are scattered, our body is tense, and the to-do list is a blur.

This short quiz is designed to help you assess your **flow readiness** — your mind and body's current capacity to enter a state of deep, centered focus.

Flow readiness is supported by four core psychological systems:

Attention and Presence

Your ability to direct and sustain awareness in the present moment. This includes noticing when your mind drifts and being able to return gently to the task at hand. Presence is a key precondition for flow and often the first element to be disrupted in high-stress or overstimulating environments.

Emotion Regulation

Your capacity to manage emotional responses in a way that supports (rather than derails) focus. This involves recognizing emotional signals, calming yourself when activated, and shifting out of intense emotional states. Without regulation, the brain struggles to prioritize attention or engage in sustained effort.

Environmental Sensitivity

The extent to which your surroundings affect your nervous system and attention. This includes your responsiveness to sound, light, clutter, and other sensory input. When environments feel chaotic or overly stimulating, they often pull attention away from meaningful tasks. Conversely, sound or music can be used intentionally to enhance focus and regulate arousal.

Flow and Absorption

The degree to which you can lose yourself in an activity — where time seems to disappear and you feel fully immersed. This is the hallmark of the flow state, and it typically arises when your attention, emotions, and environment are all aligned. Although some people are more naturally prone to flow, it can also be cultivated.

FLOW READINESS QUIZ

Flow readiness is a state in which your attention, emotion regulation, and environmental context align to support task immersion and sustained engagement.

This quiz draws on key domains in neuroscience and psychology that influence focus.



Disclaimer:

The following instrument was derived from validated psychological constructs and related measures – namely, the Mindful Attention Awareness Scale (MAAS), the Difficulties in Emotion Regulation Scale (DERS), the Flow Short Scale, and the Music in Mood Regulation Brief Scale (B-MMRS).

Although its content was informed by validated measures, this quiz has not been psychometrically validated as a clinical tool. It is intended for **educational and reflective purposes only** and should not be used for diagnosis.

Name:

Date:

Flow Readiness

Instructions:

Using the following options, please select how often each statement applies to you.

1 = Almost Never • 2 = Rarely • 3 = Sometimes • 4 = Often • 5 = Almost Always

Statements	1	2	3	4	5
1. I often catch myself going through the motions without being fully aware of what I'm doing.					
2. I find it difficult to keep my attention on the present moment.					
3. When I focus on something important, I can usually stay with it.					
4. When I feel overwhelmed, it's hard for me to calm down or reset.					
5. I get stuck in emotions that are difficult to shift.					
6. I'm able to return to a regulated state after experiencing stress.					
7. Background noise or visual clutter makes it difficult for me to focus.					
8. I often use music or sound to help regulate my energy, mood, or attention.					
9. I feel more grounded and focused when my environment feels calm or intentional.					
10. I lose track of time when I'm deeply engaged in something meaningful.					
11. When I'm "in the zone," distractions fade into the background.					
12. I feel most alive when I'm fully immersed in something I enjoy.					

FLOW READINESS QUIZ

SCORING AND REFLECTION:

Add up your responses for each group of 3 items:

- Attention & Presence (Items 1–3)
- Emotion Regulation (Items 4–6)
- Environmental Sensitivity (Items 7–9)
- Flow & Absorption (Items 10–12)

Each subscale score ranges from 3 to 15, with **higher scores indicating greater flow readiness.**

Reflection Prompts:

- Which areas feel strongest for me?
- Where could a small shift help me feel more receptive to flow?
- What external or internal supports might help me achieve flow with greater ease?

RESEARCHER FAQ:

1. Is this a validated psychological instrument?

Not yet. It is grounded in validated tools but has not been psychometrically tested on its own.

2. How were the items selected?

Items were drawn directly from or adapted from the established psychological scales outlined earlier in this document.

3. Why combine multiple constructs?

Flow is a systemic state that is influenced by cognition, emotion, and environmental context. This tool captures that complexity.

4. Can I share or adapt it?

Yes — with proper citation and referencing. If adapting or sharing, please credit Dr. Natalie Jennifer Jones with this original framework.

5. Can I help validate it?

Yes! If you're a researcher or practitioner interested in piloting this quiz, please feel free to share de-identified data with Natalie, or reach out for collaboration.

TUNE IN: A SOUND-BASED PRACTICE TO ENHANCE FLOW READINESS

If your quiz results suggest that flow doesn't always come easily to you, you're not alone, and it doesn't mean flow is out of reach for you.

Tune In is a guided sound-based practice I designed, blending principles from psychology, neuroscience, and music to help you create the mental and emotional conditions that facilitate flow states. And it's *coming soon* – so you'll have a clear next step to strengthen your focus and flow readiness.

As a psychologist, musician, and human navigating my own challenges around focus and anxiety, I noticed something over the years: the right sounds, combined with other environmental cues, were very helpful in shifting my mind and body into a deeper state of clarity, calm, and creative engagement.



Tune In... Coming Soon

A sound-based guided practice to support focus, clarity, and calm.

Supported by research in psychology, neuroscience, and music/sound therapy.

You'll receive:

- A 9-minute guided vocal track (with breathing + intention setting)
- A 12-minute original music track that was written, recorded, and produced by me — combining calming instrumental layers and lyric-free vocal soundscapes to support sustained flow
- A thoughtfully crafted, research-informed companion PDF with practical tools and prompts
- A curated playlist featuring music designed to support flow

GET EARLY ACCESS AND STAY CONNECTED



Thank you for spending time with this resource! ✨

If the Flow Readiness Quiz and related prompts have sparked something for you, I'd love to stay connected:

Here are a few ways to keep exploring:

✉ Mailing List → studio.nataliejenniferjones.com/mailling-list

Be the first to hear when my next resource, Tune In: A Sound-Based Practice for Focus & Calm, is released — plus get updates and inspiration delivered to your inbox.

🌐 Website → [Visit here](#)

Explore my original music, covers, music-related resources, and ways to bring more calm and creativity into your life.

📷 Instagram → [Follow along](#)

Join me for original music, science-based insights on music and wellness, and behind-the-scenes moments.

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