

## Treat Work Like Play: How Flow State Fuels Creative Life

What's popping people? It's Dante.

This morning, I'm thinking about living your everyday life. Bringing your camera for the ride and simply snapshotting whatever it is that you find.

Not taking life so seriously.

Transforming the things that you do from **work to play**.

That's where this sort of *flow state* emerges. It's from play. It's from the lack of seriousness. From not treating everything you do like it's heavy or loaded.

Whether it's your 9–5 job or your creative practice, I think it's important to approach it as play.

### Work Isn't Meant to Feel Like a Burden

I don't want to feel like the things that I'm doing are a burden in my life.

I want the things that I create to come from an **effortless state**.

***Creativity flourishes when you stop treating everything like it's serious business.***

When you shift your mindset and start treating work as play, something changes. You loosen up. You move differently. You see differently.

### Flow Comes From Play

Flow doesn't come from pressure.  
It doesn't come from forcing outcomes.

It comes from curiosity.  
It comes from lightness.  
It comes from showing up without expectation.

When you live your everyday life this way—camera in hand, open, playful—you stop separating work from life. It all becomes one thing.

And from that state, you start to flourish creatively.