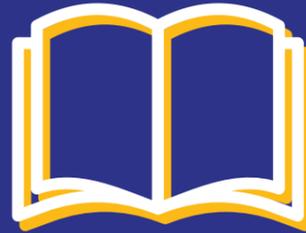


# FLOW

By Mihaly Csikszentmihalyi

Fascinating facts that rule our behaviour



## WHAT IS FLOW AND HOW DO YOU ACHIEVE IT?

The ability to reach a flow state holds the key to fulfilment.



### WHAT IS FLOW?

Flow is a state when you are so involved in what you are doing that all else fades away. Time will move at a different rate and you will be focused only on the task at hand. All else will become meaningless. In this state, it is possible to achieve great things.



### FLOW BRINGS ENJOYMENT

Your enjoyment of any given situation can be enhanced by creating a flow experience. If your attitude is one of dissatisfaction, you will not be happy. In essence, finding flow means looking on the bright side. You can make a wearisome task enjoyable by making it a game or by changing the way you perceive it.



### ACHIEVING FLOW

Flow can be elusive. It can happen spontaneously when you are enjoying time with friends, working out, reading a book, in fact during almost any activity that is engaging your body and your mind to the right degree. If you can pin flow down to a precise moment, it often happens in that sweet spot between too easy and too hard.

# “

Most enjoyable activities are not natural; they demand an effort that initially one is reluctant to make. But once the interaction starts to provide feedback to the person's skills, it usually begins to be intrinsically rewarding.”

### THREE ACTION STEPS:

# 1

#### SET A GOAL

Flow needs a goal to succeed. In some instances, flow will happen naturally, but you need to set a goal to work towards if you want to create flow. By establishing a goal, you set yourself up to work towards a flow experience.

# 2

#### MEASURE YOUR PROGRESS AND STAY FOCUSED

To fully immerse yourself in flow, you also need to take note of incremental progress and keep your attention on the task. Noticing improvement is a reliable way to maintain focus. Once you lose focus, by definition, flow has gone. Keep your mind only on the task and let everything else go.

# 3

#### RAISE THE STAKES

For true flow, there must be a degree of challenge. Push yourself and raise the stakes. Flow lies in the area just beyond your skill set, where it is neither too easy nor too hard. That means constantly pushing yourself just beyond your current capabilities.

### FLOW CAN BE LEARNED AND NURTURED.

Put the effort in to create flow experiences in your life and you will be richly rewarded.

