

FLOW DIARY



AREA OF LIFE	Examples	My flow activities in this are e.g. for sport "Badminton"	Lose self-consciousness	Time seems distorted	Deeply focussed	Clear goal	Feel in control	It's a challenge but I have the skills to take it on	The activity is intrinsically rewarding	I am receiving direct feedback	Sense of Serenity	Total Flow Score
Sports	Swimming, yoga, tennis											
Work	Studying, helping others, work											
Hobbies	Cooking, music, gardening											
Other People	Deep conversation with friends											
Daily Activities	Cleaning teeth, making your bed											

Step 1:

Think about what you do in each of the 5 areas of life where flow emerges — sport, work, hobbies, other people and daily activities. Jot down one or more possible flow activities in the 'My flow activities' column (column 3).

Step 2:

Mark each activity with a '0' or a '1' for each of the flow characteristics. For example, if your sporting activity is swimming, and you 'lose self-consciousness' when you swim, put a '1' in the 'lose self consciousness' column. If not place a '0'.

Step 3:

Add up your score for each activity you have identified. Enter the total into the final column. Then ask yourself what can I do more of to hack flow in each particular activity.