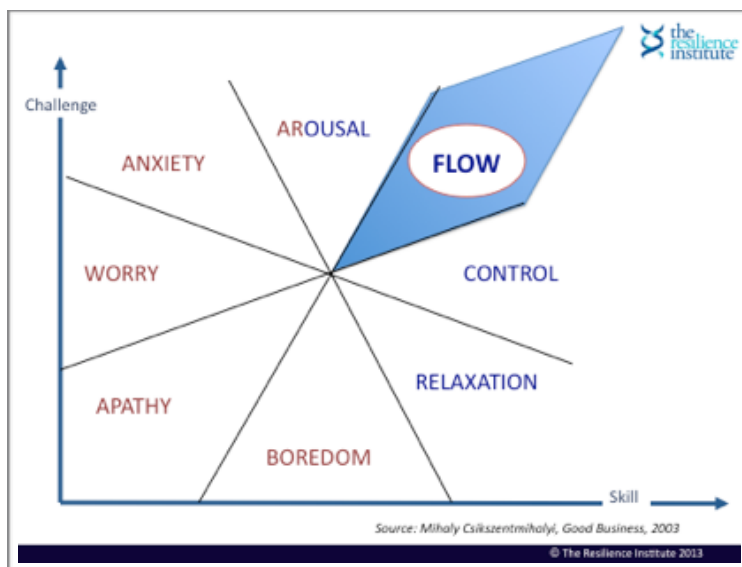


## Mapping Flow

### Create more time in FLOW

Flow is our state of optimal performance – we match our skills to a meaningful challenge. Flow is highly productive, enjoyable and supports our health. Mihaly Csikszentmihalyi and others now propose ten characteristics of flow. Excellence feels natural.



### Characteristics of Flow

1. Clear goals
2. Immediate, direct feedback
3. Match challenge with skill
4. Sense of personal control
5. Focused concentration on task
6. Deep engagement or absorption
7. Quiet mind (action & awareness merge)
8. Time distortion (compression or dilation)
9. Lack of awareness of bodily needs
10. Intrinsic reward

### Flow- reviewing your day

Experience	Current %	Examples	Desired %
Anxiety			
Arousal			
Flow			
Control			
Relaxation			
Boredom			
Apathy			
Worry			