

FINDING YOUR FLOW

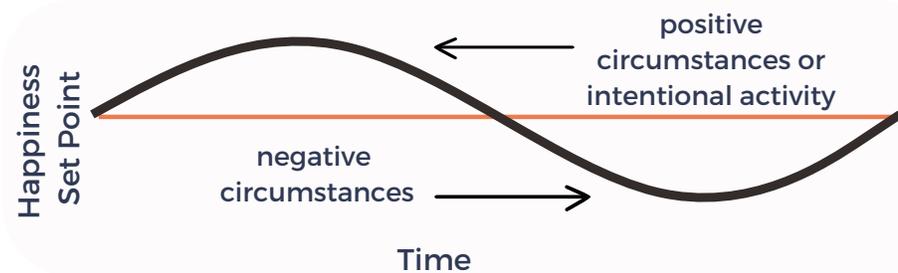
Time flies when you're having fun. Time also flies when you are engaged in an enjoyable activity that challenges you. These activities can help to find a flow state; a state of mind in which you are fully immersed in a task and forget about the outside world for a while.

"Those who flow as life flows know they need no other force."

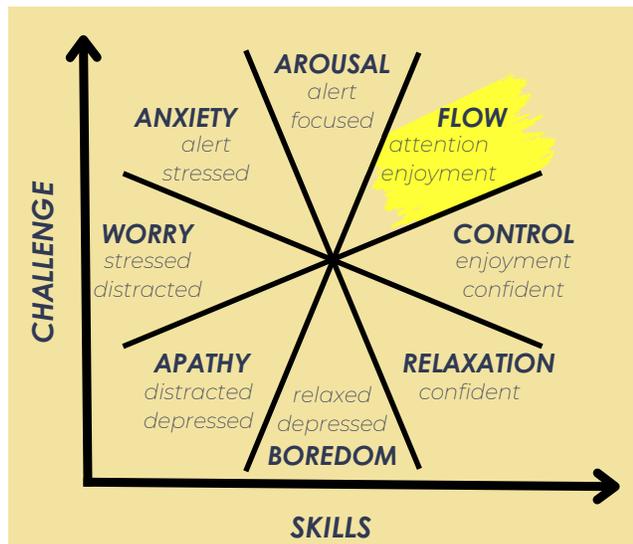
- Lao Tzu

Pioneered by Dr. Mihaly Csikszentmihalyi, putting yourself in a flow state is guaranteed to improve your happiness short-term. It teaches you to rise to challenges and improves your performance while increasing your sense of fulfillment and clarity.

Humans generally maintain a consistent level of happiness. Life circumstances and intentional activity can temporarily alter



happiness before settling back to our happiness set point. FLOW is guaranteed to give a temporary boost in happiness.



Preconditions for a FLOW State:

- You must be involved in an activity with a clear set of **goals** and **progress**.
- The task at hand must have **clear** and **immediate feedback**.
- There must be a good **balance** between the **perceived challenges** of a task and **one's perceived skills**.
- **Not too challenging** of an activity.
- **Not too easy** of an activity (watching TV, scrolling social media, etc., will not result in a FLOW state).

Examples of FLOW Activities:

- Listen to music
- follow a dance video
- cook a meal
- write a poem
- sew a quilt
- start a garden
- go for a run/walk



Are you a Procrastinator?

Try the Pomodoro Technique

1. Choose the task.
2. Set a timer for 25 minutes.
3. Work until the timer ends.
4. When time is up, take a 5-minute break.
5. Repeat as often as needed.

TOGETHER WE CAN *build a better future!*