

FLOW STATE ACTIVITIES



Finding a FLOW state is different for every person because it requires doing a task that you enjoy doing and can “lose” yourself in.

Listed here are a few different activities that you can try to find a FLOW state. This is not a complete list, just a start to get some ideas flowing.

BODY MOVEMENT:

- Hiking
- Yoga
- Dance
- Sports
- Running
- Walking
- Swimming
- Skating
- Jumping Rope
- Gymnastics
- Complete an Obstacle Course
- Hopscotch
- Cross-Country Skiing
- Horseback Riding
- Canoeing
- Golf
- Kayaking
- Weightlifting
- Rock Climbing
- Kickball

ARTISTIC ACTIVITIES:

- Listen to Music
- Photography
- Sculpting
- Baking
- Crafting
- Painting
- Pottery
- Play an Instrument
- Woodworking
- Chess
- Coloring
- Puzzle
- Write Poetry
- Origami
- Make a Film
- Drawing

TRY AT HOME:

- Cooking
- Writing
- Decorating
- Knitting
- Gardening
- Sewing
- Scrapbooking
- Deep Cleaning
- Reading
- Play a Card Game
- Learn a new Language
- Research a Topic that Interests You
- Crossword Puzzle

Remember the preconditions for a FLOW state:

- Clear set of goals and progress.
- Must have clear and immediate feedback.
- A good balance between the task's assumed challenge and your assumed skills.
- Not too challenging.
- Not too easy.

TOGETHER WE CAN *build a better future!*