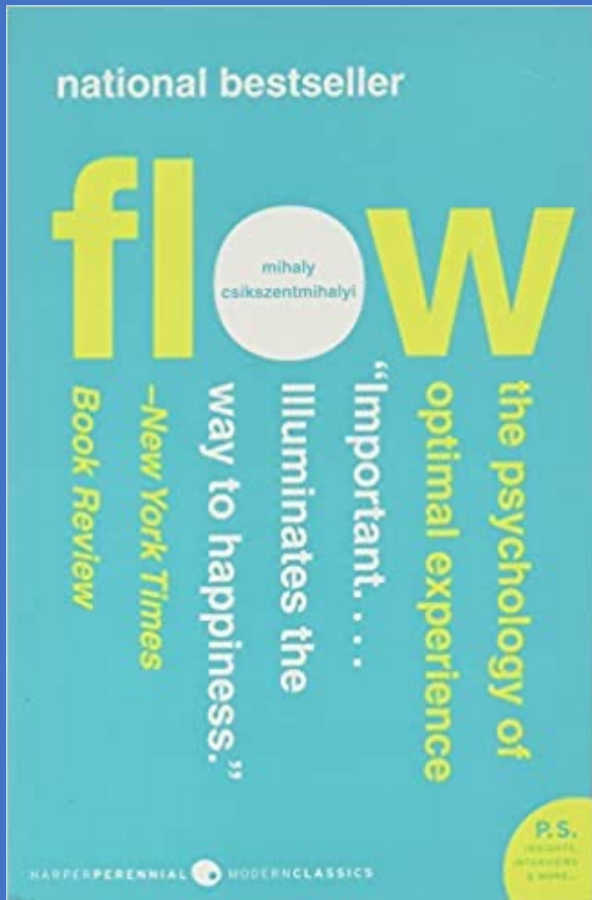




FLOW: What is It and How to Find It... and Keep it

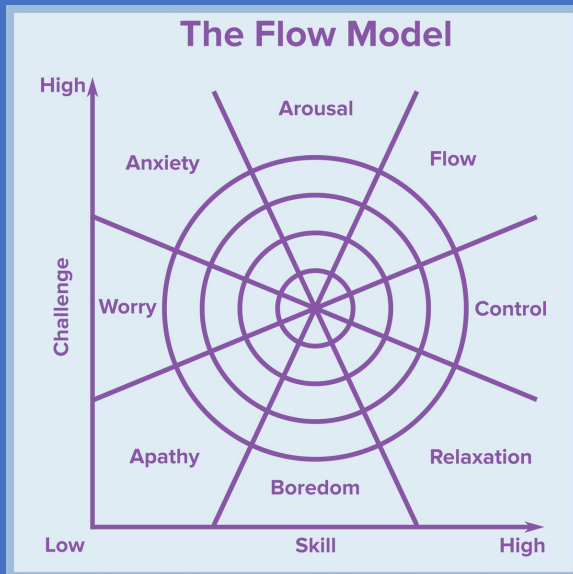
Online Presentation – May 2022



Popularized by researcher, Mihaly Csikszentmihalyi, in his book, *Flow: The Psychology of Optimal Experience*, originally published in 1990.

(You can get the new edition, 2008, on Amazon for \$2-\$10)

Let's talk about FLOW!



Flow is...

- Total engagement
- Capable of happening during almost any physical or mental activity
- “Play” for adults

People in Flow report...

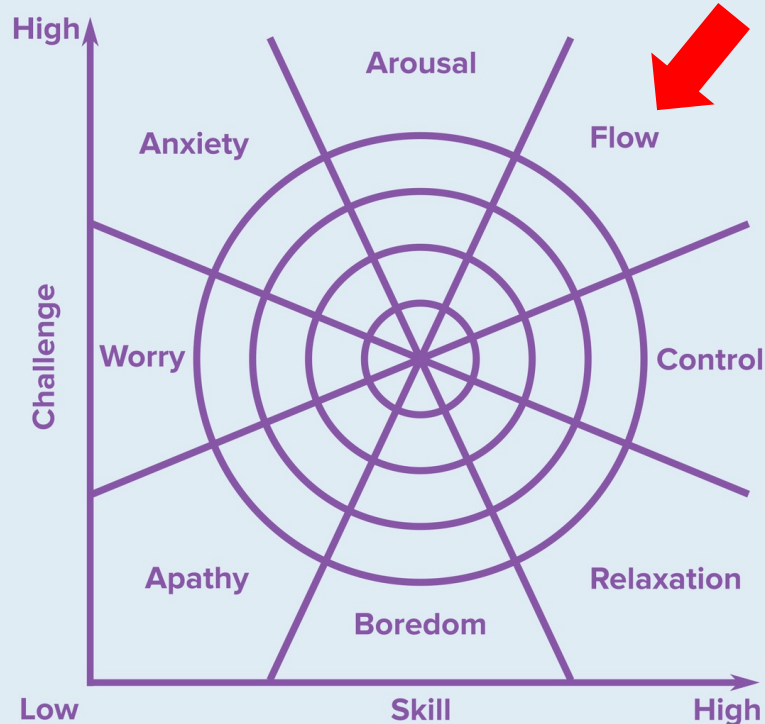
- Complete involvement in an activity
- A sense of ecstasy or euphoria
- Great inner clarity – knowing just what to do and how to do it
- Total calm and peace



FLOW THEORY

IN LESS THAN FIVE MINUTES (I PROMISE)

The Flow Model

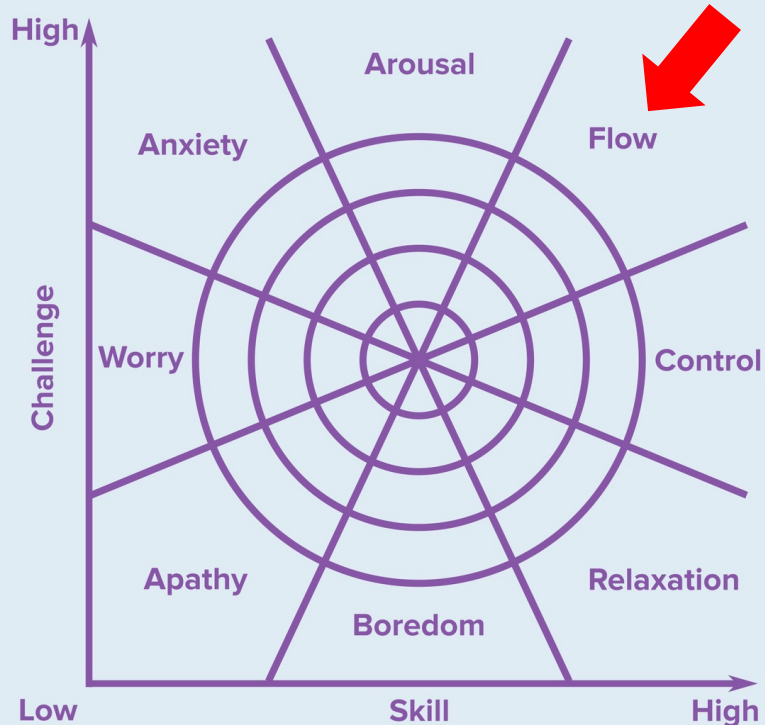


“In the Zone” “Being in a State of Flow”

You Need These Five Factors...

- Rewarding
- Have goals and see progress
- Clear and immediate feedback
- Challenge must match skills
- Intense focus on the present moment

The Flow Model



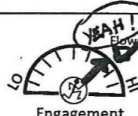
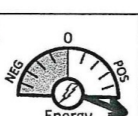
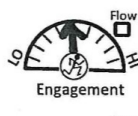






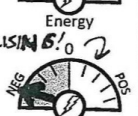

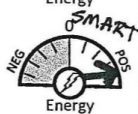
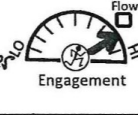
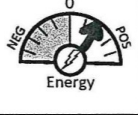


How do we get to Flow... and stay there?

We need to recognize when we are challenged and engaged – in Flow

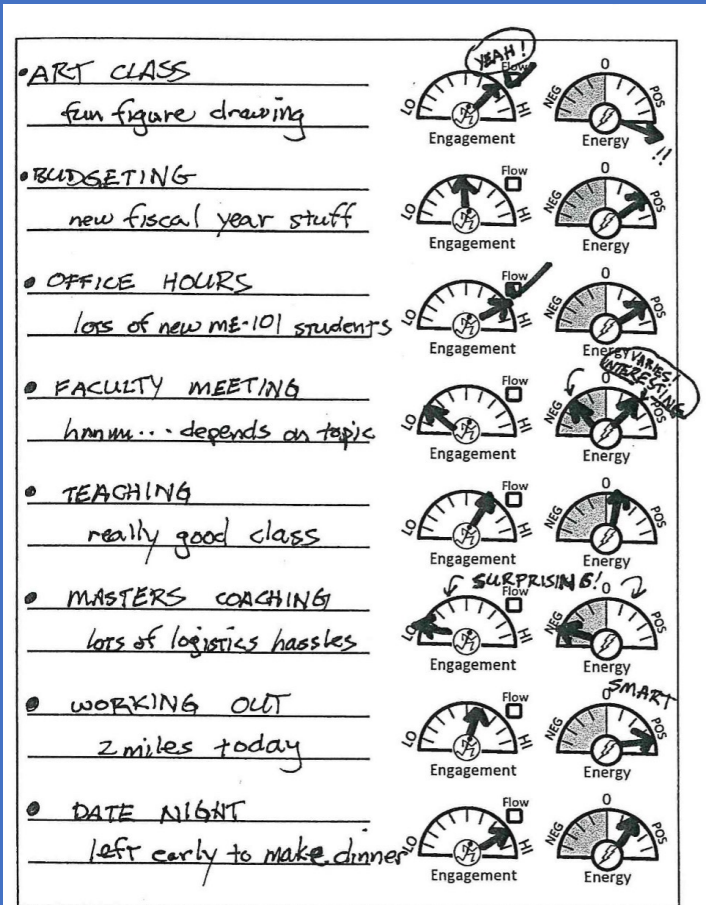
We need to recognize when we are not challenged and engaged – apathetic, bored, worried

A great tool: the [Good Time Journal](#)

Track Your Daily Activities

• ART CLASS fun figure drawing		
• BUDGETING new fiscal year stuff		
• OFFICE HOURS lots of new ME-101 students		
• FACULTY MEETING hmm... depends on topic		
• TEACHING really good class		
• MASTERS COACHING lots of logistics hassles		
• WORKING OUT 2 miles today		
• DATE NIGHT left early to make dinner		

- Using the blank lines...
 - Note the activity and jot down a few words about how you felt or other details.
- Using the gauges...
 - Note your ENGAGEMENT from low to high – *note the location of flow on this gauge.*
 - Note your ENERGY from negative to positive.



Track Your Daily Activities

- Fill out a journal page every day for a few weeks.
- Every couple of days, reflect on the entries and determine if...
 - You can delete activities with low flow and increase activities with high flow.
 - Surround low flow activities with high flow activities to give yourself the reward of engagement.

Another Great Tool for Reflection: **A E I O U**

Five sets of
questions to ask
yourself when
looking at your
journal entries

Activities: What were you actually doing? Was it structured or unstructured? What was your role in the activity?

Environments: Where were you when you did the activity? What kind of place was it? How did it make you feel?

Interactions: What or who were you interacting with? Was it a new or familiar interaction? Was it formal or informal?

Objects: Were you interacting with objects or devices? What were they? Did you create them?

Users: Who else was there? What role did they play?

Handouts & Contact Info

- This PowerPoint presentation
 - The Flow Model
 - Chapter on the Good Time Journal and AEIOU from *Designing Your Life: How to Build a Well-Lived, Joyful Life* by Bill Burnell and Dave Evans
 - A blank Good Time Journal page. Make a copy for each day you want to journal. – OR– Come see me at my office and I'll make you as many copies as you like.
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