

MEASURE YOUR FLOW

ACTIVITY 1: Past Flow

1. Identify a specific time or activity when you experienced a sense of flow.

When did it occur? _____

What were you doing? _____

Where were you (work, home, etc.)? _____

What factors helped you experience flow in that moment (e.g. your skill/ability versus the level of challenge)?

2. Describe the specific things you did or principles you followed to enjoy a sense of flow?

ACTIVITY 2: Future Flow

1. Pick a task during which you'd like to feel more engaged:

2. Are you currently in the Burnout (over-challenged) or Boreout (under-challenged) zone?

3. Determine how you can raise your skills or increase/decrease the challenge level to improve the possibility of flow.

To raise skill, consider what personal strengths, knowledge, resources and professional relationships you could call on or build upon to help you accomplish the task effectively (e.g. get more training or new equipment to help you with a particular talent):

To raise challenge, look for creative ways to learn and grow more from the same activity (e.g. contribute more in group discussions; play against a slightly stronger opponent, etc.):

To decrease challenge (and consequently your stress levels!), explore opportunities for delegating, prioritising and asking for help:

4. Are there any other actions or principles you can follow to encourage flow?
