

The 8 characteristics of the flow/optimal experience state

1

Complete concentration on the task

2

Clarity of goals and reward in mind and immediate feedback

3

Transformation of time (speeding up/slowing down)

4

The experience is intrinsically rewarding

5

Effortlessness and ease

6

There is a balance between challenge and skills

7

Actions and awareness are merged, losing self-conscious rumination

8

There is a feeling of control over the task.



STEP 1: DECONSTRUCT FLOW

STEP 2: SHIFT TO FLOW



WHERE

*Am I when I
am in my flow
state the most?*

WHAT

*Am I doing?
On the outside
On the inside*

WHY

*Is it
meaningful/
worth it?*

HOW

*Do I recreate
the conditions
on purpose, in
a work from
home setting?*

