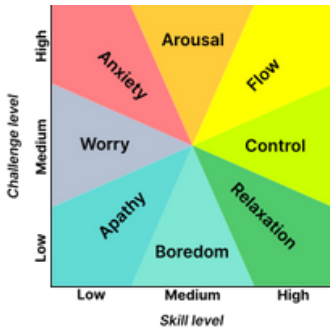




FLOW ACTIVITIES WORKSHEET 1/2

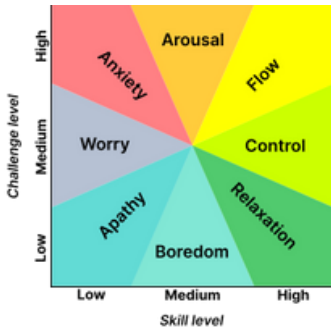
Think about the activities that put you in the flow zone and jot them down. Then, score them under each heading on a scale of 10, 1 being the lowest, and 10 being the highest. Choose the activities that have the highest scores and aim to maximize the time you spend doing them in the next few weeks. Reflect after 2-3 weeks and tweak your flow chart, where appropriate.



Category	My flow activity	Feel skilled	Feel challenged	Do it for its own sake	Truly focused	Feel in charge	Lose sense of time	Feel calm	Total Score
E.G. WORK	designing worksheets	8	7	9	8	8	7	6	53
PHYSICAL									
CREATIVE									
CHORES / LIFE ADMIN									
SOCIAL									



FLOW ACTIVITIES WORKSHEET 2/2



Think about the activities that put you in the flow zone and jot them down. Then, score them under each heading on a scale of 10, 1 being the lowest, and 10 being the highest. Choose the activities that have the highest scores and aim to maximize the time you spend doing them in the next few weeks. Reflect after 2-3 weeks and tweak your flow chart, where appropriate.

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