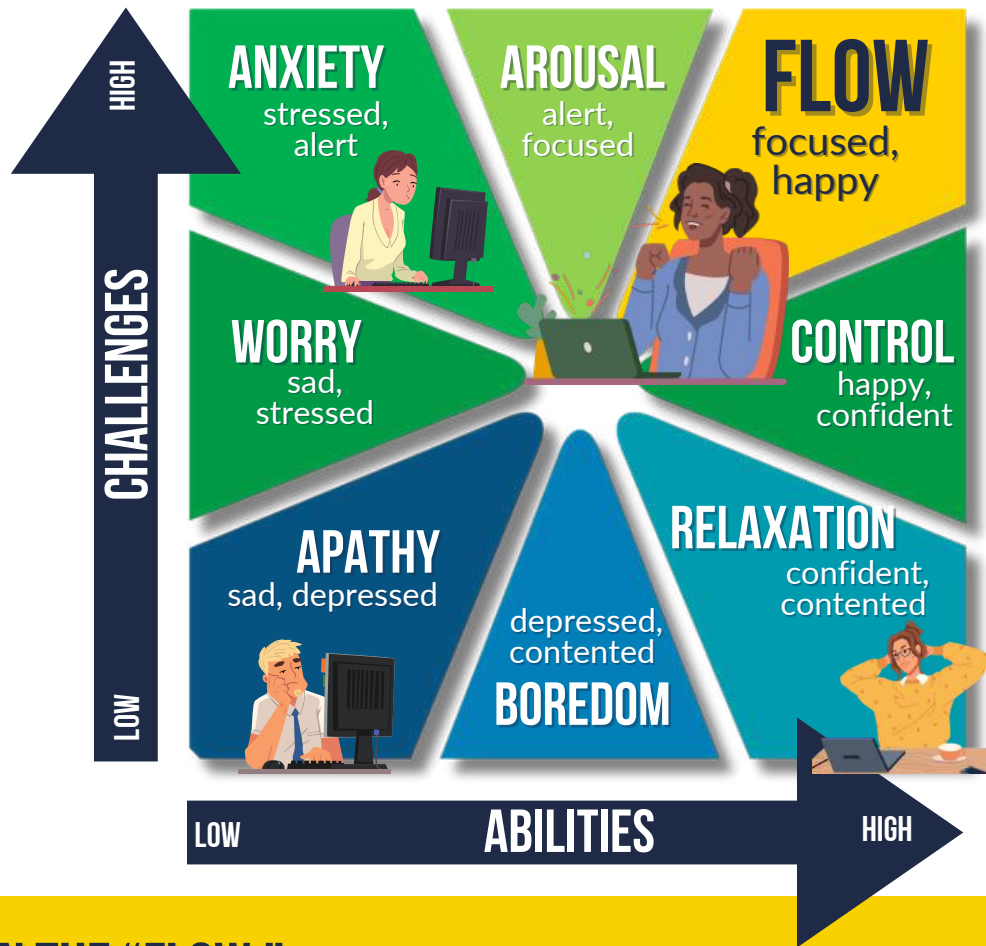


FEEL THE FLOW

HOW TO BOOST PRODUCTIVITY AND ENGAGEMENT AT WORK

*Source of graphic & recommendations: Csikszentmihalyi, M. (2013). *Flow: The psychology of happiness*. Random House.



TO GET IN THE “FLOW:”

- SET CLEAR & ACTIONABLE GOALS** Knowing exactly what you want to do & why will boost your focus and motivation.
- PLAN FOR IMMEDIATE FEEDBACK** Timely feedback helps you stay on track, improves productivity, and provides an ongoing sense of accomplishment.
- ADJUST CHALLENGE LEVEL TO ABILITY** Easy tasks may bore you. Impossible tasks may trigger anxiety & overwhelm. Choose tasks (or adjust existing ones) that challenge, stretch, and excite you.
- CULTIVATE DEEP CONCENTRATION** Flow requires your full attention. Minimize distractions. Remind yourself, regularly and often, of the end goal.
- TAKE CONTROL** Say, “I choose what I pay attention to. I choose how to adjust. When problems arise, I choose how to respond.” This enhances agency & independence.
- LOSE SELF-CONSCIOUSNESS** Leave ego, self-doubt, and/or self-criticism at the door. This will free up mental resources to enjoy and learn from the task at hand.
- FOCUS ON INTRINSIC MOTIVATION** Pursue tasks are interesting, engaging, educational, and enjoyable in and of themselves. Intrinsically motivated tasks can help feed your soul, stimulate your mind, and sharpen psychological skills like competence and autonomy.

THOUGHT QUESTIONS:

Where are you in the graphic above (anxious, feeling the flow, etc.)? Where do you want to be? Why?
 What strategies are working well right now? What are challenge areas for you?
 What’s the action plan? Who or what can help you get to where you want to be?

