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

Online Presentation – May 2022

(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)
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

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

• 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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