

Week 3: Find your Flow

Flow is an experience which can be described as being in a state where you are completely absorbed by what you are doing (like 'being in the zone').

There are some common characteristics which can help us to notice flow;

- You experience a balance between your level of skill and the challenge that you are taking on.
- You experience a sense of reward.
- There is a clear goal.
- You experience a state of intense and focussed concentration in what you are doing.
- You lose self-consciousness, you are not aware of or concerned with others around you.
- You are getting immediate feedback from what you are doing and how it is going.
- You lose sense of time passing.
- You feel a sense of control.
- You experience effortless involvement.

Can you think of a time when you were completely involved in something you were doing, where you recognise the experience described by the statements above?