

Find your Flow Worksheet

Identify your flow state activities.

Flow state can be a tricky thing to identify, but with patience and time you can figure it out.

Step 1 is to reflect on the things you love to do. Those activities that completely captivate you. They are just challenging enough to consume your entire attention and you're good enough at them to get quality results most of the time. They make time fly, and you lose track of what's happening around you.

As you reflect on each activity, give it a score out of 10, write down the activities that score 8 or more.

Things I love to do	Flow Score

Step 2 is to come up with some ways you can bring more of the activities you love into your life. Think about each of the activities that you gave the highest flow score to.

Don't limit your thinking to just doing more of each activity, go broad, consider ways you can incorporate them into other areas of your life. Can you approach your work in a way that allows you to build in the activities you love? Maybe you can write about your passion, or create a YouTube channel. Is there a community based around your flow activity? If not could you start one?

Flow activity	Ways I might bring more if it into my life