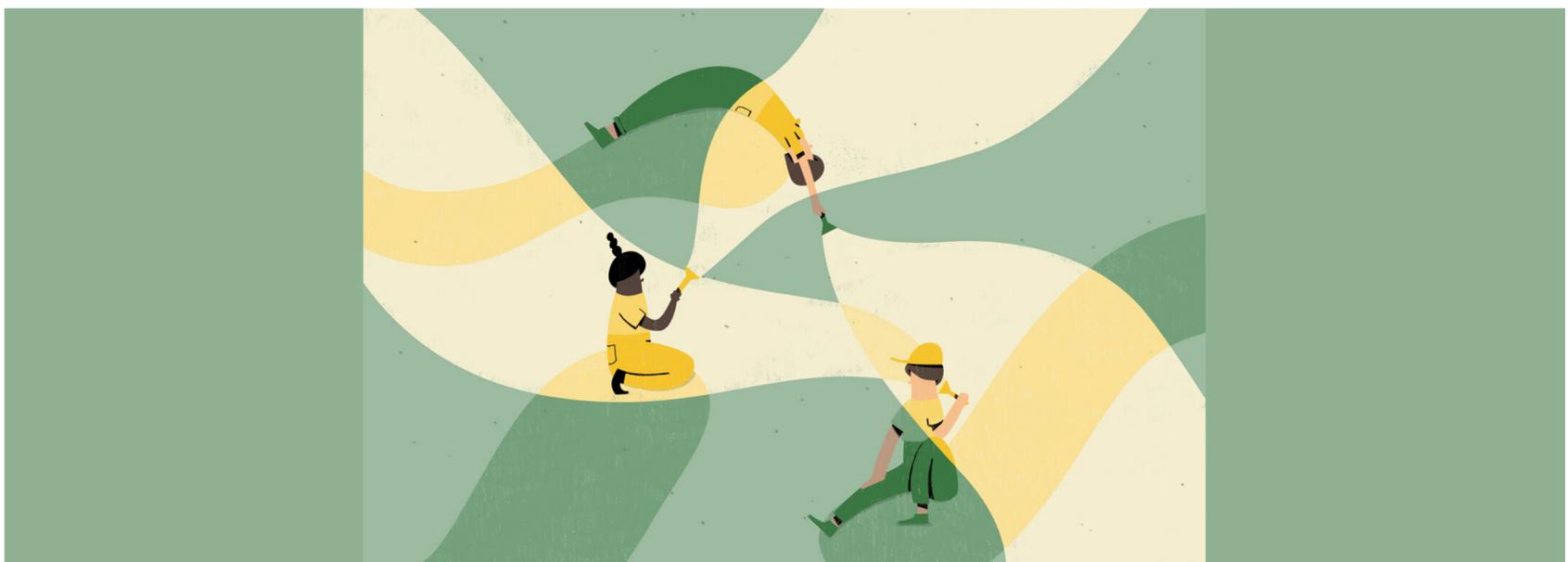


FLOW

Have you ever started surfing on YouTube or reading your favourite book & been so immersed in the process that you felt that only a few minutes had passed, but when you looked at the clock, it had been hours? Have you ever been so engaged in an activity that you became indifferent towards the world around you?

If yes, then you were probably experiencing a state of flow.

Flow is a concept in Positive Psychology that was popularised by **Mihaly Csikszentmihalyi**, who defined it as a mental state wherein an individual is so completely absorbed or involved in an activity that they completely disengage from the outside world, lose track of time & use their entire skillset to achieve the task.



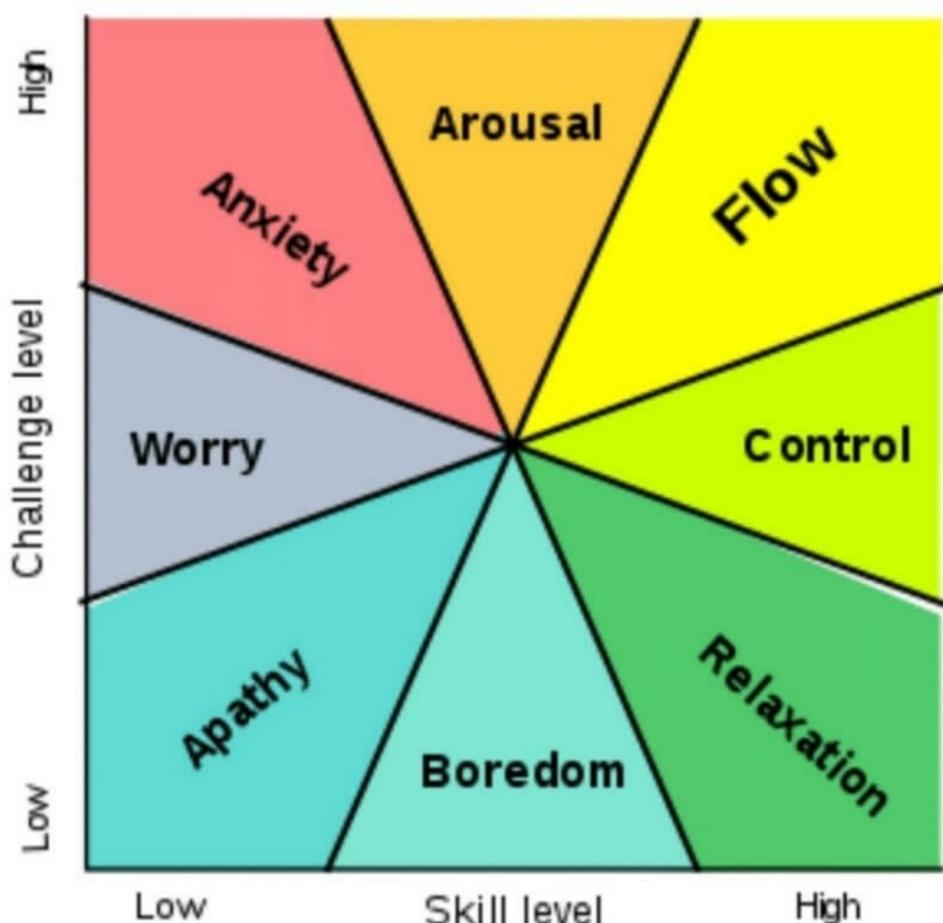
HOW TO ACHIEVE FLOW

Have a well-defined goal in mind & a plan of action to go with it. The visualisation could be helpful in this process.

Make sure you're choosing an activity that you enjoy or are extremely passionate about. Interest is of utmost importance for flow to sustain.

Always subject the outcome of the task to internal as well as external feedback. This process allows you to introspect on what aspects you did well & what you can improvise on.

Tasks should be moderately challenging if the task is extremely difficult, you might feel overwhelmed & anxious. On the other hand, a very easy task may not be motivating enough for you to engage in.



Level of difficulty can be chosen based on your skillset, this is referred to as the Challenge-skill ratio.

The flow-state chart depicts this concept accurately.



HOW TO MEASURE FLOW

If you'd like to measure your level of flow during an activity, you can take this short flow scale by simply answering the following questions on a 5 point Likert type scale wherein **1 = Disagree & 5 = Strongly Agree.**

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

- I feel just the right amount of challenge.*
- My thoughts activities run fluidly and smoothly.*
- I do not notice time passing.*
- I have no difficulty concentrating.*
- My mind is completely clear.*
- I am absorbed in what I am doing.*
- The right thoughts/movements occur of their own accord.*
- I know what I have to do each step of the way.*
- I feel that I have everything under control*
- I am completely lost in thought.*
- Something important to me is at stake here.*
- I must not make any mistakes here.*
- I am worried about failing.*