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FINDING FLOW FOR PERFORMANCE AND WELLBEING

STEP-BY-STEP COACHING GUIDE

Research has shown that being in a state of 'flow' can help you to achieve happiness and wellbeing.

Flow occurs when a task's challenge is balanced with your skill level – in fact, both the task challenge and skill level must be high. So, you might be skilled at washing the dishes, but there isn't enough challenge for that to be a flow activity for you. Flow is a state of complete focus and concentration where you lose track of time and become completely immersed in the activity you enjoy.

Being in a state of flow regularly can improve your wellbeing by helping you to feel more fulfilled and satisfied with your life. Here are some tips on how to use flow to enhance your wellbeing and performance:

1. Set clear goals

Flow is more likely to occur when you have clear goals that require specific actions, so you know what you're working towards.

2. Eliminate distractions

It's harder to find flow when you're in an environment competing for your attention. Try to minimise any distractions that may interfere with your ability to focus.

3. Add an element of challenge

Flow is more likely to occur when you engage in a challenging but not impossible activity. You want to focus on stretching your abilities and skills.

4. Focus on activities you enjoy

Choosing an activity you enjoy is more likely to create a state of flow for you.

5. Focus on being in the present moment

When you're in flow, you're not thinking about anything else other than the activity you're engaging with.

Use the flow tracker on the next page to challenge yourself over the next week to identify activities that create flow for you. You might find this is playing a sport, taking part in a physical activity, or practising an instrument. When you've identified these activities, find ways to add them to your weekly schedule so you find yourself in flow at least a couple of times a week – although you can aim for every day.

Remember that flow is a state of mind that requires practice and sometimes patience. It may take some time to find the right activity that allows you to achieve a state of flow, but the benefits are well worth it. By using flow to improve your wellbeing, you can feel more fulfilled, satisfied, and happy with your life.

Activities that create flow for me:			
Flow activity planning			
	Flow activity I'll complete today	**When I'll complete this activity**	**Activity completed**
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			