

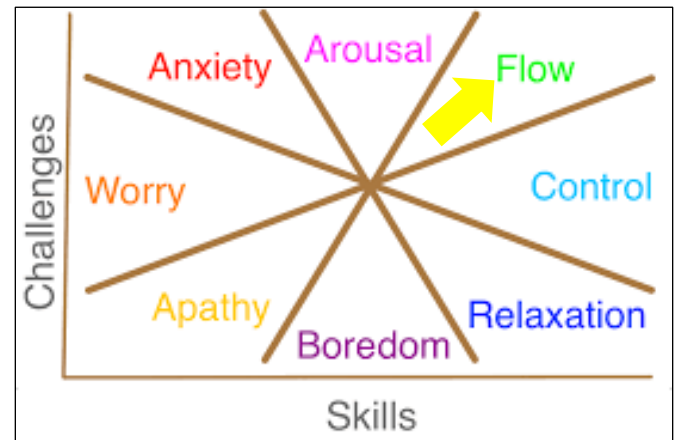
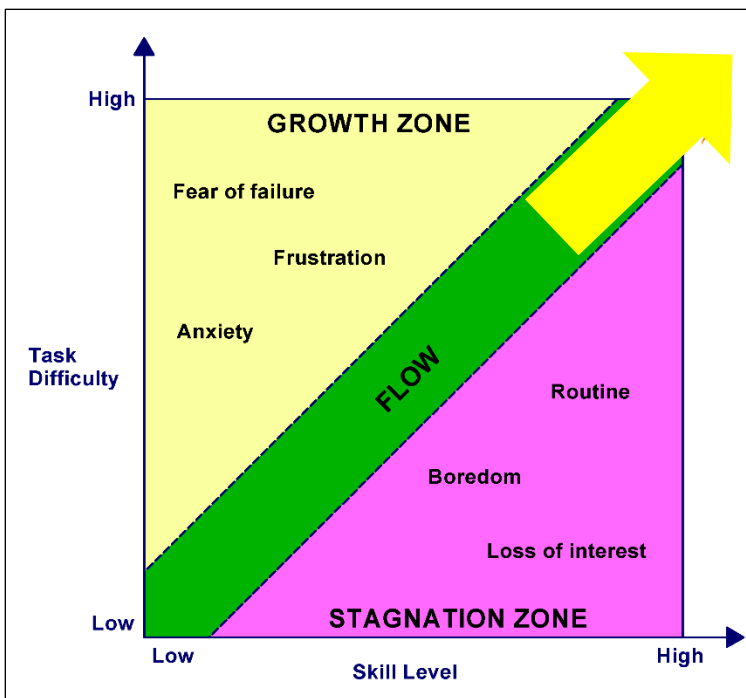
“When one is in a flow state, he or she is working to master the activity at hand.”

“The best moments in our lives are not the passive, receptive, relaxing times... The best moments usually occur if a person’s body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.”

Mihaly Csikszentmihalyi (1990, p. 3) born in Hungary in 1934, is a psychologist who created the concept of flow. He is specifically known for flow and positive psychology “The main thesis of Csikszentmihalyi’s most popular book, Flow: The Psychology of Optimal Experience (1990), is that happiness is not a fixed state but can be developed as we learn to achieve flow in our lives. The key aspect to flow is control: in the flow-like state, we exercise control over the contents of our consciousness rather than allowing ourselves to be passively determined by external forces”.

Website: <https://www.pursuit-of-happiness.org/history-of-happiness/mihaly-csikszentmihalyi/>

WHY IS THIS IMPORTANT TO ALL PEOPLE? Because all people can experience FLOW thru Creativity as the catalyst!



How to creatively expand you FLOW state?

1. Start creativity journal to write, record, explore peak moments!
2. Make to do lists & trust intuition, synchronicity to lead you on!
3. Weekly, Daily Big Wins & Little wins; fold paper in quarters, label mind, body, work, play, fill in, celebrate your wins!
4. Walk on the wild side, literally! Take a walk, find someone new ask them 3 questions, really listen, learn, apply & use!
5. Take any situation spin possibilities; write/draw 5 other solutions to any problem/scenario, act out, stretch yourself!

Getting your FLOW on is recognizing what it is for you & then being CREATIVE to reproduce that in other areas!

What exercises, mental, physical even social can you come up with that would work for YOU?

FLOW is also peak happiness, peak performance, peak engagement, peak connection, and mostly peak creativity!

GET YOUR BEST FLOW ON AND ENJOY YOU MOST CREATIVE SELF!



Discover Creative Life Coaching!