

Worksheet 4.32 Top Ten Evaluation Activity (Freemire) Instructions

Flow is defined as a psychological experience in which one is fully immersed in what he or she is doing. Often, athletes, musicians, and other performers refer to flow as “being in the zone.” There are 9 characteristics or conditions of flow that can help you understand when you have experienced flow and how to choose activities that will make flow more likely for you in the future (Jackson and Csikszentmihalyi, 1999). The 9 characteristics of flow are:

1. There is a balance between your skill level and the challenge or opportunity you are taking on (the activity is not underutilizing, nor overtaxing your skills)
2. The challenge or opportunity is rewarding
3. The challenge or opportunity has clear goals
4. You receive immediate feedback on your progress as you engage in the challenge or opportunity
5. You feel a sense of deep, effortless involvement
6. You feel completely absorbed in and focused upon the task at hand
7. You are not concerned with what others are thinking or about being judged (your sense of self vanishes)
8. You feel a sense of control
9. Time seems distorted (for example, time seems to stop or to pass more quickly than normal)

In order to help you identify flow experiences in your own life, please write down your top ten favorite things to do.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Now, review each of the items on your top ten list in comparison to the 9 criteria of flow as described above. Put a star next to each activity that meets the criteria for flow. Then respond to the following questions:

1. Are you currently doing any of these activities in your life?
2. Do you want to increase the time you spend in doing any of these activities? If so, which ones?
3. What, if anything, is interfering with your ability to engage in these activities more? How can you overcome these barriers?
4. Which, if any, of your top strengths do you use when engaging in these flow activities?