

FINDING YOUR FLOW

The People Project Tool #3



Have you ever lost track of time when doing something you enjoy? Then you probably experienced, “flow,” a state of mind essential for well-being. Benefits of flow include improvised concentration and feeling of accomplishment.

Activities for FLOW:

1. Adult coloring for mindfulness, focus, and creativity.
2. Prompt journaling. If I had an extra 15 minutes, hour, day, week, month, or year, I would...
3. Meditation for focus. Online resources are available and some are free.
4. The Pomodoro Technique for concentration. Determine a task, set a timer for 25-minutes, when the timer is up, take a 5-minute break, then repeat.
5. Try new things!