

Flow, the eight elements of engagement

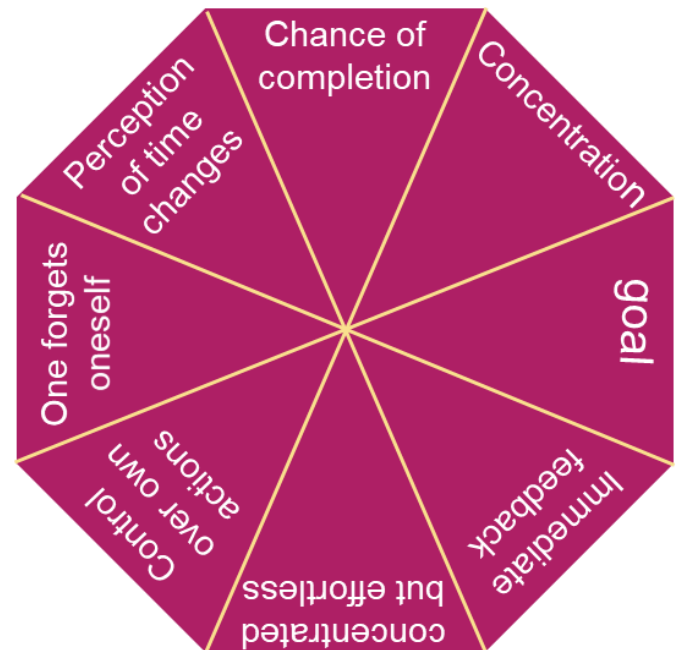
A certain level of skill is needed. Reading for example, a skill learnt over years needs, knowledge of language, able to translate words into images and relate to characters

The involvement in the activity is so intense that you feel part of it, your mind is fully focused. Concentration is like breathing, you never think of it, it's just there.

There is a goal with a set of rules and boundaries. In some creative activities the goal will grow over time, it may start with 'paint a picture' but its not clear what the picture will be.

A person can develop a sense of what is working, what is good or bad. A runner knows if they are going to fast or slow and can make adjustments as they go along

Without it being a conscious decision you become so involved in the activity you forget all other thoughts and life situations.



There's a sense of control over your actions and the outcomes they'll produce. Worries of failure do not occur and you are free to concentrate on the task at hand.

So absorbed in the activity that self-consciousness disappears. When the thinking stops the enjoyment starts.

Time passes differently, it can speed up or slow down. A few minutes can pass and it will feel like hours or vice versa. Clocks are irrelevant to the rhythms of the activity.