

# Flow Journal

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Introduction

This week, you will be keeping a journal of moments when you felt "in the zone" or experienced a state of flow. Flow is a state of complete immersion and focus in an activity, where time seems to fly by and you feel at your best. By tracking these moments, you can learn more about what activities bring you joy and fulfillment.

## Instructions

Carry a small notebook or use a digital app to record your weekly flow experiences. You can also use the attached organizer.

Note the following details each time you experience flow:

- Activity: What were you doing when you felt in the zone?
- Duration: Approximately how long did the flow state last?
- Contributing Factors: What do you think helped you enter this state of flow? (e.g., environment, mindset, level of challenge, etc.)

Reflect: At the end of the week, review your journal entries and reflect on the following questions:

- What patterns do you notice in the activities that lead to flow?
- How can you incorporate more of these activities into your daily life?
- Were there any surprises or insights from this exercise?

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Tips for Success:

- Be honest and detailed in your journal entries.
- Try to record your experiences as soon as possible after they happen to capture fresh details.
- Keep an open mind and be curious about what you discover about yourself.

<b>Activity</b>	<b>Duration</b>	<b>Contributing Factors</b>