

**FLOW:
THE PSYCHOLOGY
OF OPTIMAL EXPERIENCE**
by Mihaly Csikszentmihalyi

Interactive Worksheet

INTERACTIVE SHEET FOR NOTES

Reading alone won't help you understand the actionable notes. You need to engage with the content. Answer the question below (just type inside the boxes) to outline your future steps:

1. Task feels unbearable? Set goals to make it more fun:
2. Don't avoid problems by consuming content. List them below and face them:
3. What kind of expressive skills you have? How can you get better?
4. Practice the "autotelic family context:"
5. What type of lifelong work you're devoted to?

Don't forget to save your changes.