Activity

Finding Your Flow

"If you are interested in something, you will focus on it, and if you focus attention on anything, it is likely that you will become interested in it."
---Mihaly Csikszentmihalyi, Hungarian Psychologist

We all are passionate about something or the other; something that we love doing whenever we get the opportunity. This activity will help you identify that passion or interest of yours.

Instructions:

1. Pick four areas that interest you and in which you have frequently been involved. List them row-wise in Column A.
2. Fill up the adjacent columns against each interest area with either "yes" or "not sure" as applicable.
3. Once you have finished populating the table, identify the row which has the maximum number of "Yeses."
4. The row which has the maximum "yeses" is your area of passion, also known as your flow activity.
5. You have **50 minutes** to complete this activity.

A	B	C	D	E	F
Area of Interest	*You lose track of time while doing this.*	*You have the requisite talent/skills to do this.*	*You take the initiative; you do not need to be pushed to do this.*	*You grab every opportunity in this area to improve your skill levels.*	*Even if the activity is challenging, you enjoy taking up the challenge.*

My Interest/Passion/Flow appears to be in the area of _____.

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