



Cultivating Psychological Flow Triggers

Key Takeaways

- 1 The Challenge Skills Balance
- 2 The Full Stack of Intrinsic Motivators
- 3 The Mechanics of C/S Balance
- 4 Seligman's 5 Strengths
- 5 Immediate Feedback

Quote:

“Enjoyment appears at the boundary between boredom and anxiety, when the challenges are just balanced with the person's capacity to act.”

— Mihaly
Csikszentmihalyi

Diagnostic

N/A

Exercise

1. Tuning the C/S Balance

2. Strengths Assessment, Trust Your History

3. Retro-Casting for MFF

See next page for details

Exercise

Tuning the C/S Balance

What three pursuits am I experiencing significant challenge in?

Examples: Fundraising project, product launch, new fitness regime

What three areas of my life do I feel under stimulated or bored?

Examples: Social connectivity, romance, intellectual curiosity, environment

What one thing can I do in each area to tune my challenge to skills?

Examples: Fundraising- bring on assistant, Social Connectivity- attend a social event.

Exercise

Retro-Casting for MFF

What were your last three great flow states?

How often did you receive feedback?

What kind of feedback was most effective?

Glossary

The Full Stack of Intrinsic Motivators: Curiosity, Passion, Purpose, Autonomy, Mastery

The Mechanics Of C/S Balance:

1. Confidence
2. Optimism
3. Actual Skill
4. Tolerance For Anxiety
5. Delay Gratification
6. Individual/cultural Values
7. Mindset
8. Achievement Motivation
9. Importance Of Activity
10. Age

Seligman's 5 Strengths: The framework offers cognitive strengths (under the virtue of wisdom), emotional strengths (courage), social & community strengths (humanity & justice), protective strengths (temperance), and spiritual strengths (transcendence).

Notes

Lesson Resources

1. Finding Flow: The Psychology of Engagement with Everyday Life
Mihaly Csikszentmihalyi
2. Flourish,
By Martin Seligman
3. <https://www.investors.com/news/management/leaders-and-success/peak-performance-max-out-your-abilities/>
By Michael Mink
4. [Intrinsic and Extrinsic Motivations: Classic Definitions and New Directions](#)
By Ryan and Deci, 2000
5. [Flow and Regulatory Compatibility: An Experimental Approach to the Flow Model of Intrinsic Motivation](#),
Keller and Bless, 2007
6. [The challenge-skill balance and antecedents of flow: A meta-analytic investigation.](#)
Fong, et al., 2014
7. [Intrinsic Motivation and Flow.](#)
Rheinberg and Engeser, 2018