



**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.

Foundational Course in Entrepreneurship

**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** |
|  | *You lose track* | *You have* | *You take* | *You grab* | *Even if the* |
| **Area of Interest** | *of time while* | *the* | *the* | *every* | *activity is* |
|  | *doing this.* | *requisite* | *initiative;* | *opportunity* | *challenging,* |
|  |  | *talent/skills* | *you do not* | *in this area* | *you enjoy* |
|  |  | *to do this.* | *need to be* | *to improve* | *taking up the* |
|  |  |  | *pushed to* | *your skill* | *challenge.* |
|  |  |  | *do this.* | *levels.* |  |
| Learning online courses | yes | yes | Not sure | yes | yes |
| Sketching | yes | Not sure | yes | Not sure | Not sure |
| Cooking | yes | Not sure | yes | Not sure | yes |
| Working on Innovative ideas | yes | yes | yes | yes | yes |

My Interest/Passion/Flow appears to be in the area of Working on Innovative Ideas .

Self-Discovery

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