

This is a summary of Csikszentmihalyi's explanation of FLOW for VIA (Values In Action – the character strengths organization).



FLOW has 8 or 9 characteristics.

- clear goal
 - o allows you to act
- not too difficult or too easy
 - o matched to your skills
- immediate feedback
- concentration and focus
- you step out of everyday reality
 - o world is defined and restricted to your activity
- it makes you aware of the challenges
 - o that makes you experience FLOW
- you avoid things above your head (too difficult)
- the connection between VIA and my work:
 - o I'm focused on people who have achieved a balance between challenge and skills.
 - o VIA would direct my "diagnosis" (understanding) of the person.
 - o "Have you tried X or Y?"
 - o If that works, I bet that person is going to be in flow more.