

EXERCISE: GOING WITH THE FLOW

Most of us have the pleasure principle down but may need more of a nudge with gratifications. Use this exercise to identify where you regularly experience flow and other opportunities to find it.

	Often Experience Flow	Other Opportunities
Sports: Team sports, running, swimming, fishing, hiking, climbing, etc.		
Arts: Dance, music painting, woodworking, creating anything		
Daily Activities: Cooking, cleaning, shopping, etc.		
Work: Writing, speaking, teaching, calculating, etc.		
Recreation: Reading, volunteering, hobbies, etc.		
<i>List two pleasurable activities you are willing to replace or mix with a gratifying activity.</i>		
Pleasure Activity	With Added Gratifying Activity	
Example: Watch television after dinner or get takeout for dinner.	Read a good book or cook a meal from scratch once per week.	
1.	1.	
2.	2.	