

Wheel of Well-being

your flow diary



area of life	examples	my flow activities in this area eg for sport "badminton"	lose yourself	serenity	worth doing for own sake	time does not pass in the usual way	completely concentrated	feel in control	it's a challenge, but I have the skills to take it on	total Flow Score (out of seven)
sports	swimming, yoga, tennis									
work	teaching, helping others									
hobbies	pottery, music, gardening									
other people	deep conversation with friend, children, romance									
daily activites	cleaning teeth, driving car,									

