



# Engagement

The psychology of optimal experience

Lesson workbook

Your companion guide

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## General instruction for watching all Zone Positive videos



The “Pause” button is here. If you don’t see this bar on your screen, roll your cursor over the lower left hand corner of your screen and the bar should reappear. Click on the Right Arrow ► to resume watching the video.

**Important Note:** If you want to pause the video and go to another website, open a new window in your web browser. This will enable you to return to the video lesson and resume where you left off.

# Part 1: Introduction

## Chapter Reading (optional)

Finding Flow: Chapters 1 and 2

### Introduction

Engagement, or flow as it is often called, is experienced when you are deeply delving into an activity where your strengths are engaged in the pursuit of clear, challenging goals that you can achieve. Time may slip by without your awareness, as your thoughts may become merged with action. Flow is a key component of creativity and lives at the point where your talents meet your challenges. Artists regularly describe being in flow states where they are engaged in activities for that activity's own sake (what is called intrinsic motivation), and not because they expect any recognition or compensation. Above all, occasions of flow are deeply gratifying experiences.



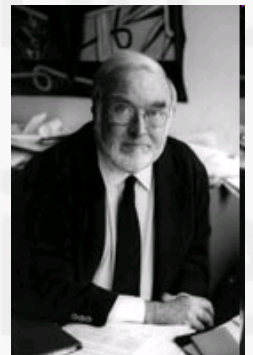
### Meet the expert

#### Mihaly Csikszentmihalyi

*Distinguished Professor of Psychology  
Director, [Quality of Life Research Center](#)  
Claremont Graduate University, Claremont, CA  
Ph.D., University of Chicago, 1965  
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#### Teaching Interests and Areas of Expertise

*Creativity and Innovation, Managing Flow  
Professor Csikszentmihalyi is the director of the Quality of Life Research Center (QLRC). The QLRC is a non-profit research institute that studies "positive psychology"; that is, human strengths such as optimism, creativity, intrinsic motivation, and responsibility.*



# Part 1: Introduction

## Exercise 1

Describe a time when you were so involved with what you were doing that time passed in a flash. When did this happen? What were you doing? How did you feel during the experience?

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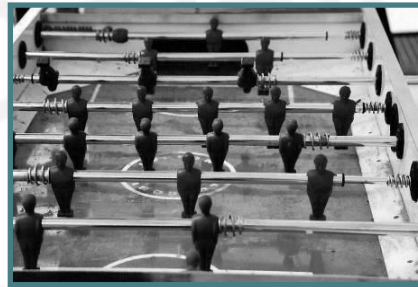
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## Exercise 2

Some questions to ponder

1. What personality characteristics might lend a person to experience intense absorption in activities?

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2. Which activities take up a lot of your time but in which you rarely cause you to be intensely absorbed?

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