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| **Chart for Exercise 40**  **My Experience with Flow**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** |
| 1. Read Chapters 3 and 4 of the book, [Flow](https://www.amazon.com/Flow-Psychology-Experience-Perennial-Classics/dp/0061339202/ref=sr_1_1?crid=2ZQFXEOKPLB8A&keywords=flow&qid=1678828192&sprefix=flow%2Caps%2C187&sr=8-1). |
| 1. Make a list of five times in your life when you have experienced Flow. Write them down. |
| 1. Make a list of the things you were pursuing when you entered the state of Flow. |
| 1. Write down what it was about each of these pursuits that energized you? (Why were you involved in these pursuits?) |
| 1. If you decide to re-engage in any of these pursuits (or devote more time to them) in the coming weeks, which ones do you think will most likely enable you to enter into a state of Flow? |