

# Simple Life Strategies

100% successful living

## State of Flow

“don’t expect a damn thing. Do it because you love it”

To identify what your passion might be you’ll need to get really clear about what you’re doing when you’re in a state of flow.

Think about those times when time stands still and suddenly a few hours have whizzed by without you even noticing!

Consider when your mind goes quiet because you’re so lost in what you’re doing.

List at least 3 items per question

1. What are you doing when you completely lose track of time?

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2. When is your mind quiet because you're so focussed on what you're doing?

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3. What are you doing when you're in a state of flow?

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4. What are you passionate about?

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5. What do you do that makes you feel invincible?

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From the areas you have written down above, start to select the ones that resonate with you the most. Notice where you have had the same activity appear on more than one question.

Now list the top 5 activities where you are in the flow here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Next it's time to think about potential careers that align with the above activities.

List the top three career options that come up for you below.

## Potential careers:

1st \_\_\_\_\_

2nd \_\_\_\_\_

3rd \_\_\_\_\_

