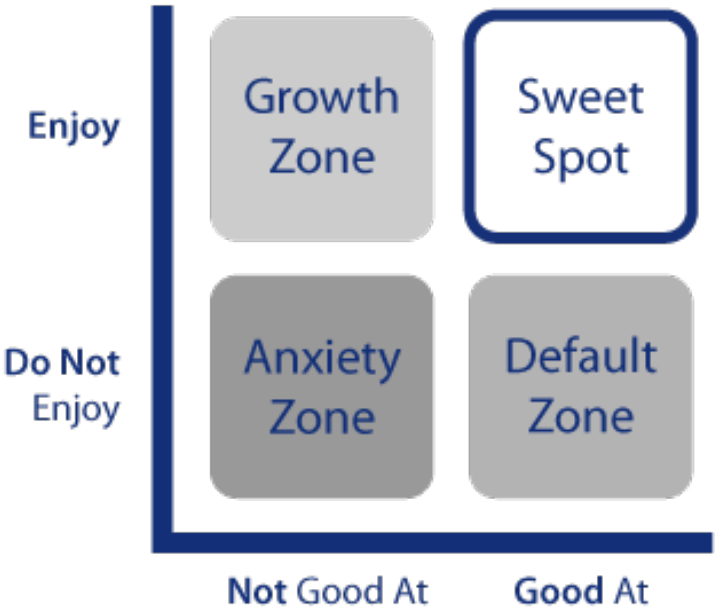
Exploring when you're in flow



Good At & Enjoy Matrix

This is a framework you can use to reflect on the key competences that you use inside and outside of work. This tool can be used to assess the approximate percentage of time you spend in each area with a view to spending more in the Good and enjoy area.

Using this to be 'in flow'

Being 'in flow' is where you are fully immersed in a feeling of energised focus, full involvement and enjoyment in the process of an activity, sometimes known as 'being in the zone'. Now while this is not an exact science, in order to be in a state of flow and enjoying our work/life, it is proposed that you spend at least 70% of your time in the 'Sweet Spot' quadrant (Good at and Enjoy), 15 % in the 'Growth' zone (Not good at yet, might Enjoy), 0% in the 'Anxiety Zone' (Not good at Do not enjoy) and the remaining 10-15% in the 'Default Zone' (Good at but Do not enjoy).

Exercise

Think about your typical week, both inside and outside of work. List all of the activities that you do then put them in the box in the Good At & Enjoy Matrix you think they belong. Are you achieving 70% of your time doing activities you both enjoy and are Good at? If not, what actions could you take to improve this balance? Write your thoughts in the box below.