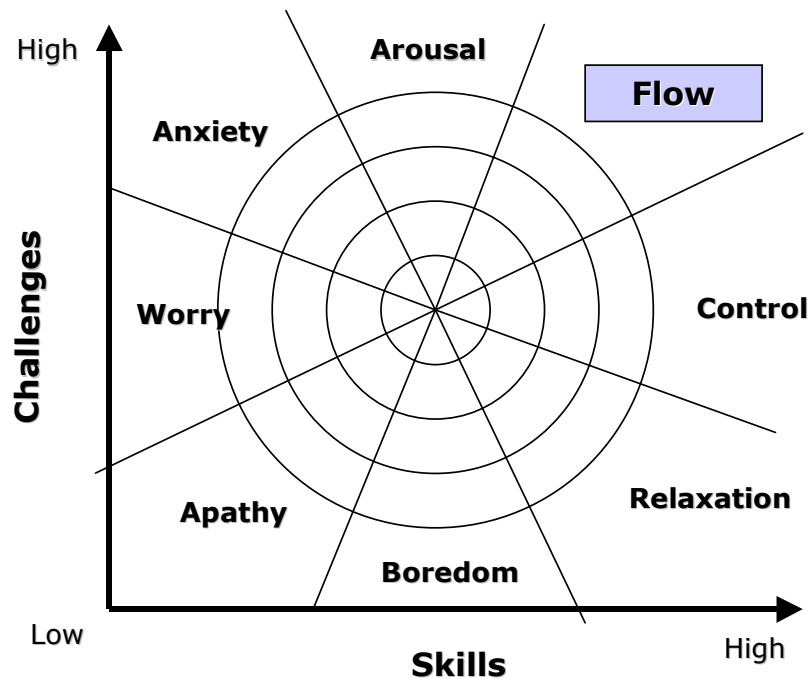


Flow



Csikszentmihalyi, M., & Nakamura, J. (2002). The concept of flow. In: Snyder, C.R., & Lopez, S.J. (Eds.). *Handbook of positive psychology*. New York: Oxford University Press.

Flow is defined as “the balance of challenges and skills when both are above average levels for the individual.” When they are below average, apathy is experienced. Intensity of experience increases with distance from the individual’s average levels of challenge and skill.

“Success flows from clear intention”