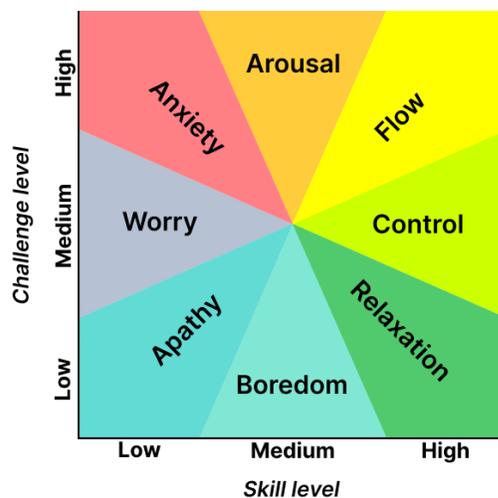


## Eight Traits of Flow ---

Csikszentmihalyi describes eight characteristics of flow:

1. Complete concentration on the task;
2. Clarity of goals and reward in mind and immediate feedback;
3. Transformation of time (speeding up/slowing down);
4. The experience is intrinsically rewarding;
5. Effortlessness and ease;
6. There is a balance between challenge and skills;
7. Actions and awareness are merged, losing self-conscious rumination;
8. There is a feeling of control over the task.



Mihaly Robert Csikszentmihalyi (29 September 1934 – 20 October 2021) was a Hungarian-American psychologist. He recognized and named the psychological concept of "flow", a highly focused mental state conducive to productivity.[1][2] He was the Distinguished Professor of Psychology and Management at Claremont Graduate University. He was also the former head of the department of psychology at the University of Chicago and of the department of sociology and anthropology at Lake Forest College.[3]

In his seminal work, *Flow: The Psychology of Optimal Experience*, Csikszentmihályi outlined his theory that people are happiest when they are in a state of flow—a state of concentration or complete absorption with the activity at hand and the situation.[15] It is a state in which people are so involved in an activity that nothing else seems to matter.[15] The flow state is colloquially known as being in the zone or in the groove.[16] It is an optimal state of intrinsic motivation, where the person is fully immersed in what they are doing.[16] This is a feeling everyone has at times, characterized by a feeling of great absorption, engagement, fulfillment, and skill—and during which temporal concerns (time, food, ego-self, etc.) are typically ignored.[16]

