

FINDING FLOW

ENGAGEMENT

3. ARE YOU FULLY ENGAGED IN LIFE?

WHAT

We feel good and function well when we get to do what we're both good at and love doing. When we're engaged in activities with the right balance of challenge for our level of skill and we're using our strengths, we can get into a state of "flow". Flow is when we're so completely engaged we lose track of time, we feel alive and energised, we're likely to achieve more and feel more satisfied with life. And, when we use our strengths at work, research shows that we are up to 6 times more engaged.

HOW

We're more likely to find flow when we're using our strengths – those things that we're good at AND love doing. Unfortunately, most of us have no idea what our strengths are, or worse, we've forgotten we have any! This makes it hard to use and develop them and to find that sense of "flow" that helps us thrive.

You can discover your strengths by taking the free, ten-minute VIA (Values In Action). Take the free survey here: <https://www.viacharacter.org/>

This survey was created by a team of leading social scientists who scoured the world for ways to identify, measure and develop what's good in people. The survey identifies your character strengths which are a reflection of how you like to go about your life, they're aligned to the values you hold and how you like to show up in the world.

Once you've taken the free survey, you will receive a report containing a list of your 24 character strengths ranked from your highest to lowest. Getting to know and understand your top five strengths – your signature strengths – can be particularly beneficial for helping you find flow. Your signature strengths represent what you value and will feel natural for you to use because they're the way your brain is wired.

Can you find ways to apply these at work and/or at home? How do you feel on days when you use your strengths more often? Do you feel more engaged, energised, excited and that things flow with greater ease when using your strengths?

WHY IT WORKS

Science is repeatedly finding that it is our strengths, rather than our weaknesses, that hold our greatest potential for growth and that when we have the chance to develop our strengths, it improves both our wellbeing, performance and engagement.

Read more here: *Your Strengths Blueprint: How To Feel Engaged, Energized & Happy At Work.* Michelle McQuaid Pty Ltd.

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