

Flow

by Mihaly Csikszentmihalyi

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

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Map One Activity

Choose one recurring task and rate challenge, skill, clarity, feedback, and distraction. Change the weakest condition before adding more effort.

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Write a One-Line Goal

Before a work block, define the visible finish line in one sentence so attention knows exactly where to land.

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Add Immediate Feedback

Create a fast signal: a timer, draft count, practice score, test run, visible artifact, or body cue that tells you what changed.

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Raise or Lower the Edge

If bored, add constraint or precision. If anxious, shrink the task. Keep challenge and skill close enough to stay absorbed.

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Protect the Channel

Remove one interruption source for a single session. Treat attention as the material of the experience, not a limitless background resource.