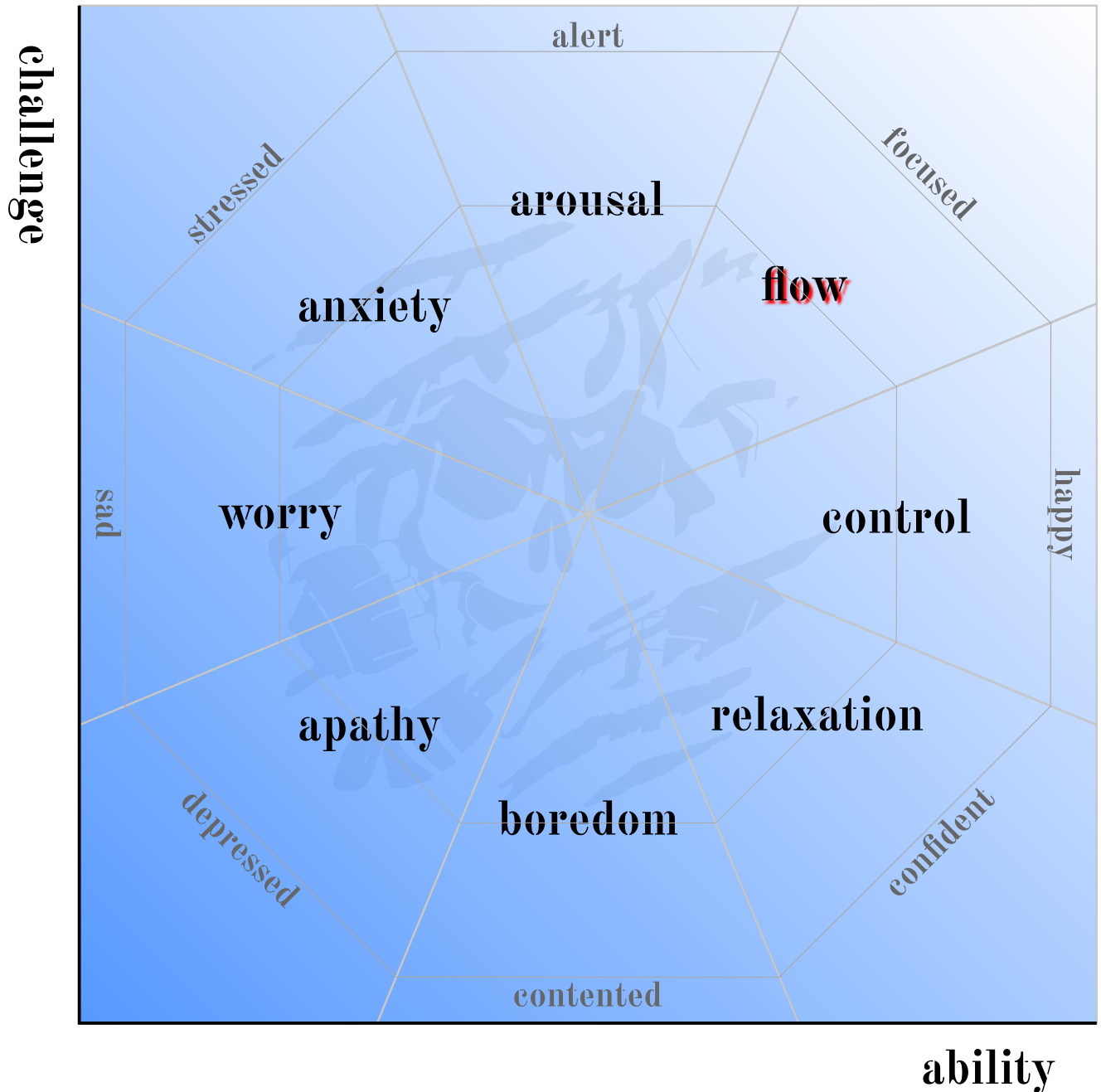




barebones - mind - psychology

flow

"The best moments in our lives are not the passive, receptive, relaxing times... The best moments usually occur if a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile." - Mihaly Csikszentmihalyi



prerequisites

1. clarity of goals & immediate feedback
2. complete concentration
3. balance between skills & challenge

characteristics

1. feeling of control
2. effortless
3. altered perception of time
4. action / consciousness merge
5. autotelic - intrinsic reward