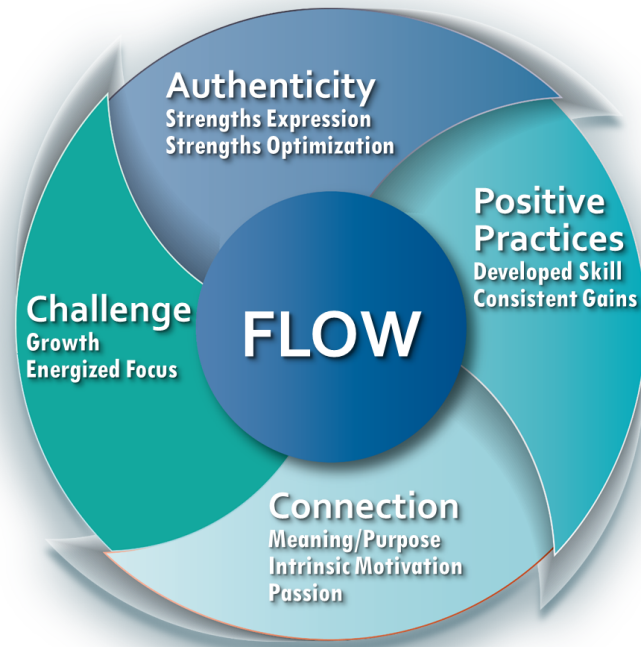


Strengths Flow

In the ASA Strengths Flow© Model below I have distilled the key elements of flow and connected them with the emerging research on character strengths into a simplified model that my clients find easy to understand and to use.



Authenticity

- Strengths Expression- authentic signature strengths expression energizes.
- Strengths Optimization- mindful of expressing strengths in the “optimal” zone—avoiding extremes of overuse and underuse.

Positive Practices

- Developed Skill- time and effort invested in developing a skill over time—so that it becomes second nature.
- Consistent Gains- positive practices continually increase effectiveness.

Connection

- Meaning/Purpose- a strong sense of connection to something larger than self—serenity.
- Intrinsic Motivation- engaging in the activity for the pure joy of it—compensation is not the focus.
- Passion- the activity produces a sense of ecstasy, happiness and timelessness—hours can feel like minutes.

Challenge

- Growth- The activity is challenging but is "doable"—not anxiety producing.
- Energized Focus- relaxed yet engaged—enabling spontaneity and creativity.