Find Your Flow

- Consider a challenging task or goal that seems hard, daunting...maybe even something you are procrastinating about.
- What choice do you have in this matter? Find your choice (even doing something as a condition of employment is a choice to keep that employment!)
- What is the payoff? What might change as a result of doing this thing?
- Anticipate how you will feel after doing it-both immediately and later.
- How DO you feel after doing it? (I remember after completing a triathlon swim, I was just happy to be alive!!!)
- Come back to this worksheet when you are faced with future challenges to remind yourself: you CAN do hard things, and that sometimes the payoff comes a little further down the road.

Date	"Hard Thing" Challenge	Choice?	Payoff? (consider short and long term)	Anticipate how you will feel AFTER doing it	How DO you feel? Immediately and longer after.

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Date	"Hard Thing" Challenge	Choice?	Payoff? (consider short and long term)	Anticipate how you will feel AFTER doing it	How DO you feel? Immediately and longer after.