

FLOW STATE QUESTIONNAIRE

This questionnaire is based on the original Flow State Scale developed by Jackson & Marsh in 1996. However, the questionnaire below has been adapted to be appropriate for business-related activities.

Please note that this questionnaire is not intended to be any form of psychological assessment or psychometric test. It is intended to be a self-report measurement of the extent to which a particular activity produces the elements for an individual person which make up the experience of 'flow state' as first described by Csikszentmihalyi in 1990 and subsequently refined.

Instructions

Think about an activity you did and then answer the questionnaire based on how you felt during that activity.

Respond to each question between 1 and 5, with (1) Strongly Disagree, (2) Disagree, (3) Neutral, (4) Agree, (5) Strongly Agree.

Scoring

Although there are more detailed methods for scoring this questionnaire, in essence the higher the overall score above 108 total score the closer you are to optimal Flow State.

As such you can use this questionnaire to help you identify which activities tend to take you closer towards optimal Flow State.

Once you are aware of the type of activities most likely to produce Flow State for you, it is possible to use this information to induce Flow State more frequently and more intensely by performing certain activities under particular conditions.

Questionnaire

1. I was challenged, but I believed my skills would allow me to meet the challenge.
2. I took the correct actions without thinking about trying to do so.
3. I knew clearly what I wanted to do.
4. It was really clear to me that I was doing well.
5. My attention was focused entirely on what I was doing.
6. I felt in total control of what I was doing.
7. I was not concerned with what others may have been thinking of me.
8. Time seemed to alter (either slowed down or speeded up).
9. I really enjoyed the experience.

10. My abilities matched the high challenge of the situation.
11. Things just seemed to be happening automatically.
12. I had a strong sense of what I wanted to do.
13. I was aware of how well I was performing.
14. It was no effort to keep my mind on what was happening.
15. I felt like I could control what I was doing.
16. I was not worried about my performance during the episode.
17. The way time passed seemed to be different from normal.
18. I loved the feeling of that episode and want to capture it again.
19. I felt I was competent enough to meet the high demands of the situation.
20. I performed automatically.
21. I knew what I wanted to achieve.
22. I had a good idea about how well I was doing.
23. I had total concentration.
24. I had a feeling of total control.
25. I was not concerned with how I was presenting myself to others.
26. It felt like time stopped during the episode.
27. The experience left me feeling great.
28. The challenge and my skills were at an equally high level.
29. I did things spontaneously and automatically without having to think.
30. My goals were clearly defined.
31. I could tell how well I was doing.
32. I was completely focused on the task at hand.
33. I felt in total control of myself.
34. I was not worried about what others may have been thinking of me.
35. At times, it almost seemed like things were happening in slow motion.
36. I found the experience extremely rewarding.

TOTAL SCORE

(max score 180)