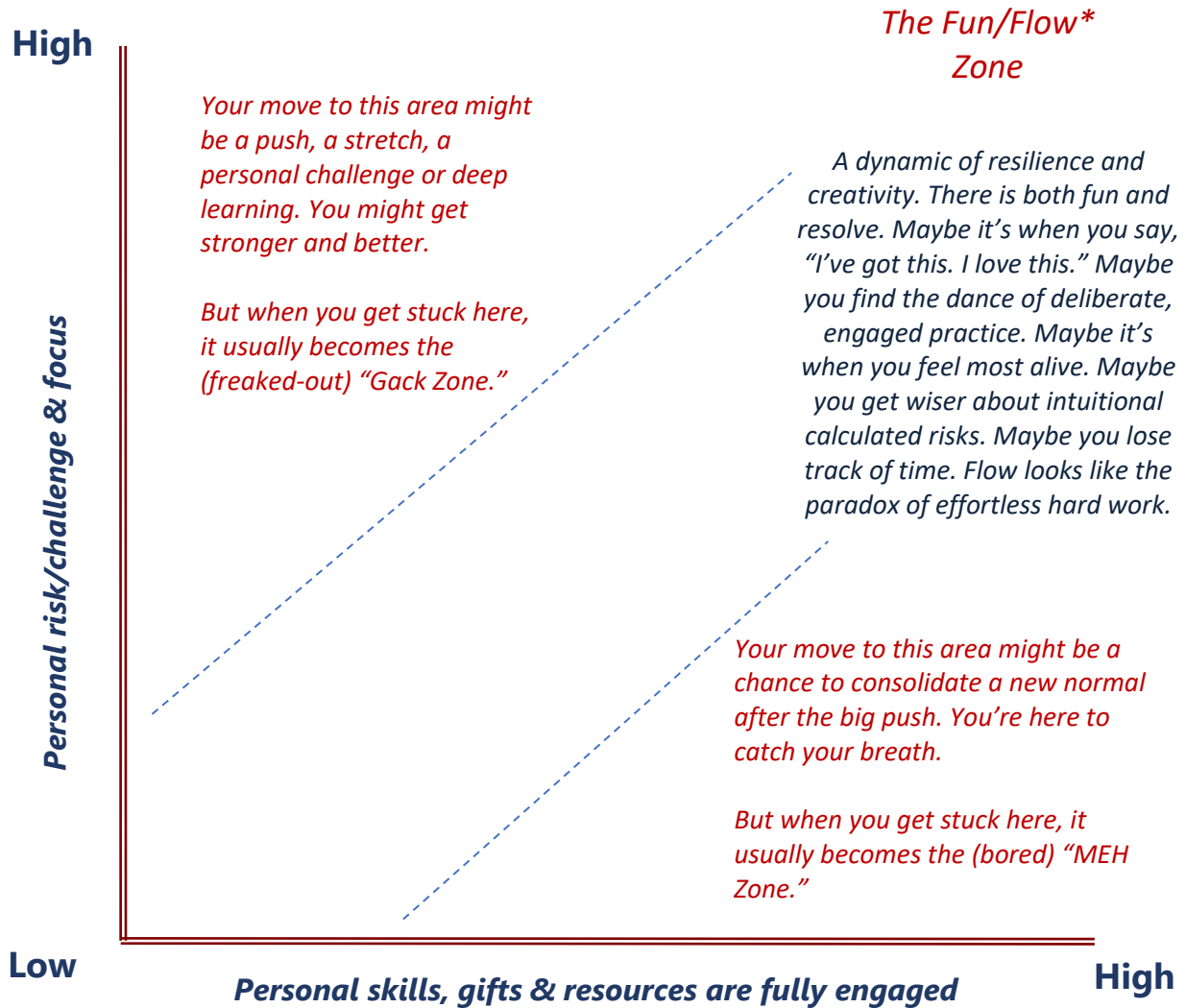


# The Goldilocks Zone (aka “Flow”)

“Flow” is a dynamic target, and one of my hopes for everyone I coach and lead is for them to become skilled at consistently finding it for themselves.



Patty’s take on ***Flow: The Psychology of Optimal Experience***. 1990. Mihaly Csikszentmihaly.  
“A flow state ensues when one is engaged in self-controlled, goal-related, meaningful action.”