

NO MORE LANGUISHING: FOSTERING FLOW & FULFILLMENT

A LANGUISHING STATE

1 ISN'T BURNOUT OR DEPRESSION

2 IS OFTEN SUBTLE IN ITS SIGNS AND SYMPTOMS

3 AFFECTS MOTIVATION, FOCUS AND PRODUCTIVITY

WHERE DO YOU LAND ON THE SCALE?

DEPRESSION



FLOURISHING

LANGUISHING
(THE MURKY MIDDLE)

THINK ABOUT HOW YOU'VE BEEN FEELING THIS PAST MONTH: (check your selections)

- | | |
|--|--|
| <input type="checkbox"/> I wake up ready to start my day | <input type="checkbox"/> I'd rather go back to sleep |
| <input type="checkbox"/> I feel a sense of purpose | <input type="checkbox"/> I'm missing meaningfulness |
| <input type="checkbox"/> It's easy for me to find joy | <input type="checkbox"/> I feel like joy is lacking or missing |

M

mastery

means...

M

mindfulness

means...

M

matter

means...

NO MORE LANGUISHING: FOSTERING FLOW & FULFILLMENT

LANGUISHING AUDIT

MASTERY

Where am I seeing small wins in my life or work?

How can I celebrate the steps/progress I'm making?

What is one area I'd like to see growth or improvement?

MINDFULNESS

Where or with whom am I really good at being present?

In what area would increased mindfulness benefit me?

What's one small thing I can do to be more mindful?

MATTER

How am I defining what matters? Can I optimize that?

What area in my life would I call the most meaningful?

What's one small step toward feeling like _____ matters?

TIPS FOR FOSTERING FLOW & FULFILLMENT

①

EASE UP ON THE RULES OF THE DAY: Try lessening the resistance you may be inadvertently putting up by creating "rules" by which your day needs to go. Make rules for the day so easy you can get to a win. If your definition of a good day is comprised of things that are hard to achieve, you may be setting yourself up for disappointment. *ASK: What's a simple, joyful win for me today?*

②

INJECT VARIETY INTO THE MUNDANE: Use unexpected twists to keep yourself from slipping into autopilot. List a few ideas of where you could inject variety, fun or creativity into otherwise normal activities. *ASK: What's the opposite of my normal?* For example, normal is ordering pizza for takeout - opposite might be trying Thai or Indian food.

③

PRACTICE LOSING YOURSELF: Our ability to get quiet and still is compromised when we're running 100 miles per hour. It takes practice to lose yourself in either silence and stillness or an activity that is creatively consuming. Try a 10 minute reading break or dancing to your favorite song for 3-4 minutes.

WEEKLY ASSIGNMENTS

1

WEEK ONE: AUDITING MY STATE

COMPLETE THE WORKSHEETS PAGES 1-2 AS A START TO AUDIT HOW YOU HAVE BEEN FEELING LATELY AND YOUR POTENTIAL TO LANGUISH, THEN ANSWER THE QUESTION BELOW.

End of week reflection:

WHAT DID I NOTICE ABOUT HOW I AM FEELING AFTER FILLING IN THE QUESTION PROMPTS?

2

WEEK TWO: INJECT VARIETY INTO YOUR DAY

USE THIS CHART TO FIND NEW AND CREATIVE IDEAS TO INJECT MORE VARIETY INTO YOUR DAY, THEN CHECK THE BOXES AS YOU COMPLETE THEM.

- _____ LISTEN TO NEW RADIO STATION FOR A WEEK
- _____ TRY A NEW RESTAURANT
- _____ STRIKE UP A CONVERSATION WITH A STRANGER
- _____ GO TO COFFEE WITH CO-WORKER YOU DON'T KNOW VERY WELL
- _____ TRY A NEW HOBBY (*harp, anyone?*)
- _____ PLAY A SPORT YOU NEVER HAVE BEFORE (PILATES? PICKLE BALL?)
- _____ DRIVE TO WORK IN A NEW WAY
- _____ TAKE A DAY TRIP TO A PLACE YOU'VE NEVER BEEN
- _____ WATCH A DOCUMENTARY ON A SUBJECT YOU KNOW NOTHING ABOUT
- _____ READ "REJECTION PROOF" BY JIA JIANG
- _____ FIND A RECIPE AND TRY MAKING A NEW DISH
- _____ AGREE TO THE NEXT THING YOU'RE TEMPTED TO OPT OUT OF
- _____ SAY "YES AND" AT WORK EVERY DAY FOR A WEEK
- _____ CREATE A PIECE OF ART THIS WEEKEND (DRAW, PAINT, JOURNAL, COLLAGE)
- _____ GO TO A MUSEUM or GET OUT IN NATURE

WEEKLY ASSIGNMENTS

3

WEEK THREE: REFLECT ON WHERE THERE'S POTENTIAL TO LANGUISH

REVIEW YOUR NOTES IN THE PREVIOUS 3 WORKBOOK PAGES, THEN CONSIDER THE BELOW QUESTIONS.

End of week reflection:

WHERE OR WITH WHOM WOULD I SEE THE MOST GAINS BY WORKING TO BE MORE MINDFUL AND PRESENT?

WHAT MIGHT BE THE BIGGEST CONTRIBUTOR TO ANY FEELINGS OF AUTOPILOT OR BEING STUCK?

WHAT ARE A FEW SMALL STEPS I CAN TAKE TO IMPROVE HOW CONSCIOUS I AM AROUND MY STATE (LANGUISHING > FLOURISHING)?

WHEN I THINK OUT A FEW MONTHS FROM NOW, WHAT IS THE SHIFT I'D LIKE TO SEE WITH REGARD TO PREVENTING OR AVERTING LANGUISHING IN MY LIFE?