
Proactive Practice

Positive Practice was about *nourishing people*, that is, positive ways people can approach life, ways that nourish their wellbeing. *Proactive Practice*, which we explore here, is about *engaging people*. This is about how we engage in our work and activities. Here we look at flow, meaning and pleasure.

Activity – In the Groove

This activity is about identifying how you relate to the different types of work you do. List the different types of work you do and mark which of them you find the:

1. Most rewarding and/or satisfying to do.
2. Least rewarding and/or satisfying to do.
3. Important to do.

<i>Type of work</i>	<i>Most</i>	<i>Least</i>	<i>Import.</i>	<i>P / M / F</i>