

Activity – Living the Good Life at Work

Part 1

Look at the types of work you listed above in the *In the Groove* activity. Think of how you engaged in these types of work. Where suitable, mark items as:

1. Flow – work you got absorbed in, making time fly and giving you a sense of satisfaction.
2. Meaning – work that might not have been a great match to you but you did it because it had value to you, due to other work or the outcomes it got for you.
3. Pleasure – work you did for the sheer pleasure and enjoyment of it. Even if you weren't paid to do it you might consider doing it anyway.

Part 2

Think of your current workplace and team. What are some ways you can explore to increase flow, meaning and pleasure to make it a more effective team in a rewarding workplace?

Flow

Meaning

Pleasure
