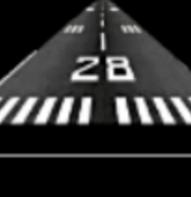


*** We experience happiness (flow) during activities composed of:

-  1. CLEAR GOALS - challenge level and skill level are both high
-  2. CONCENTRATING - the opportunity to focus and delve deeply into the activity
-  3. LOSS OF FEELING OF SELF-CONSCIOUSNESS
-  4. DISTORTED SENSE OF TIME - subjective experience of time is altered
-  5. DIRECT AND IMMEDIATE FEEDBACK - successes and failures are apparent and behavior can be adjusted
-  6. BALANCE BETWEEN ABILITY LEVEL & CHALLENGE - activity is neither too easy nor too difficult
-  7. SENSE OF PERSONAL CONTROL OVER THE SITUATION OR ACTIVITY
-  8. THE ACTIVITY IS INTRINSICALLY REWARDING
-  9. LACK OF AWARENESS OF BODILY NEEDS - one can reach a point of hunger or fatigue without realizing it
-  10. ABSORPTION INTO THE ACTIVITY - narrowing the focus down into the activity itself

*** Factors accompanying an experience of flow identified by Mihaly Csikszentmihalyi