

flow-action(s)

flow(s) – action(s) / of optimal experience _ .. / / social / experiment(s) / create / art(s) / _ / .
identity / creativity

the concept of flow is useful not only in helping individual(s) improve the quality of their life,
but also in pointing out how public action should be directed ...

error(s) / play(s) / confession(s)
project(s) / pattern(s) / change(s) / cycle(s)

flow-confession(s)

flow(s) – confession(s) / designer(s) / tablet(s) _ .. / / social / experiment(s) / create / art(s) / _ / .
twinkle(s) / difference(s)

my wife bought an iPad, and I love it

manifesto(s) / don't just dream, (they) do!
blog(s) / pattern(s) / change(s) / game(s) / resource(s) / cycle(s)

flow-content(s)

flow(s) – the psychology of optimal experience _ .. / / social / experiment(s) / create / art(s) / _ / .
what happens with the mind?

flow(s) / experience / happiness
consciousness = intentionally ordered information
intention(s) == force that keeps information ordered

a phenomenological theory of consciousness based on information theory robot(s) / paper(s) / Mihaly
Csikszentmihalyi, 1991

play / game(s) / digital(s) / pattern(s) / change(s) / cycle(s)

flow-culture(s)

flow(s) – culture(s) / of optimal experience _ .. / / social / experiment(s) / create / art(s) / _ / .
twinkle(s) / difference(s)

game(s) provide a compelling analogy to culture(s)

both consist of more or less arbitrary goals and rules that allow people to become involved in a process and
act with a minimum of doubt and distraction(s).

error(s) / play(s) / confession(s)
project(s) / pattern(s) / change(s) / cycle(s)

flow-element(s)

flow(s) – element(s) / of enjoyment experience(s) _ .. / / social / experiment(s) / create / art(s) / _ / .

- a task that can be completed
- we must be able to concentrate on what we are doing
- the task has clear goals, with deep but effortless involvement
- that allows a sense of control over our actions, and

- concern for self disappears, ... frustrations of everyday life
- and the sense of duration of time is altered

error(s) / play(s) / confession(s)
project(s) / pattern(s) / change(s) / game(s) / place(s) / cycle(s)

flow-frustration(s)

flow(s) – frustration(s) / of optimal experience – .. / / social / experiment(s) / create / art(s) / _ / .
identity / creativity

frustration is deeply woven into the fabric of life

error(s) / play(s) / confession(s)
project(s) / pattern(s) / change(s) / cycle(s)

flow-future(s)

flow(s) – future(s) / of optimal experience – .. / / social / experiment(s) / create / art(s) / _ / .
identity / creativity

the future will belong, not only to the well-educated man, but to the man who is educated to
use his leisure wisely.

error(s) / play(s) / confession(s)
project(s) / pattern(s) / change(s) / cycle(s)

flow-game(s)

flow(s) – modern / game(s) / optimal experience(s) / scenario(s) / – .. / / social / experiment(s) /
create / art(s) / _ / .
identity / creativity

- **agon** – competition
- **alea** – game(s) of chance
- **ilinx** – scrambling perception
- **mimicry** – (creating) alternate reality

digital / error(s) / chart(s) / confession(s) / ignorance(s)
play / flow(s) / project(s) / pattern(s) / change(s) / cycle(s) ! Æ

flow-happy(s)

flow(s) – happy moment(s) / of optimal experience / fun – .. / / social / experiment(s) / create / art(s)
/ _ / .

clarity of goals happy family life
feedback
feeling of control
concentration on task
intrinsic motivation
challenge(s)

error(s) / play(s) / confession(s)
project(s) / pattern(s) / change(s) / cycle(s)

flow-individual(s)

flow(s) – individual(s) / of optimal experience – .. / / social / experiment(s) / create / art(s) / _ / .
identity / creativity

... who depart from the norm(s) – heroes, saint(s), sage(s), artist(s), as well as madmen and criminal(s) and creative technology students – look for different things in life than most others do ...

error(s) / play(s) / confession(s)
project(s) / pattern(s) / change(s) / cycle(s)

flow-job(s)

flow(s) – job(s) / of optimal experience – .. / / social / experiment(s) / create / art(s) / _ / .
identity / creativity

it is crucial that we learn to transform jobs into flow producing activity

the more a job inherently resembles a game – with variety, appropriate and felxible challenges, clear goals and immediate feedback – the more enjoyable it will be, regardless of the worker's level of experience(s) ...

error(s) / play(s) / confession(s)
project(s) / pattern(s) / change(s) / game(s) / skill(s) / cycle(s)

flow-moment(s)

flow(s) – moment(s) / of optimal experience – .. / / social / experiment(s) / create / art(s) / _ / .
identity / creativity

because optimal experience depends on the ability to control what happens in consciousness moment by moment, each person has to achieve it on the basis of his/her own individual efforts and creativity.

error(s) / play(s) / confession(s)
project(s) / pattern(s) / change(s) / cycle(s)

flow-power(s)

flow(s) – power(s) / of optimal experience – .. / / social / experiment(s) / create / art(s) / _ / .
identity / creativity

with affluence(s) and power(s) come escalating expectation(s), and as our level(s) of wealth and comfort keeps increasing, the sense of well-being that we hoped to achieve keeps receding into the distance ...

error(s) / play(s) / confession(s)
project(s) / pattern(s) / change(s) / cycle(s)

flow-producer(s)

flow(s) – producer(s) of optimal experience

_ .. / / social / experiment(s) / create / art(s) / _ / .
identity / creativity

... sport(s), game(s), art & hobbies

it becomes easier to understand what makes people happy

but one cannot solely rely on games and art to improve the quality of life.

error(s) / play(s) / confession(s)
flow(s) / project(s) / pattern(s) / change(s) / cycle(s)

flow-ritual(s)

flow(s) – ritual(s) / of optimal experience

_ .. / / social / experiment(s) / create / art(s) / _ / .
identity / creativity

rituals impose order on consciousness through the performance of patterned action

error(s) / play(s) / confession(s)
project(s) / pattern(s) / change(s) / cycle(s)

flow-robot(s)

flow(s) – robot(s) / of optimal experience

_ .. / / social / experiment(s) / create / art(s) / _ / .
identity / creativity

a person who lives only by instrumental actions without experiencing the spontaneous flow of expressivity, eventually becomes indistinguishable from a robot, who has been programmed by æliens to mimic human behavior.

error(s) / play(s) / confession(s)
project(s) / pattern(s) / change(s) / cycle(s)

flow-rule(s)

flow(s) – rule(s) / for developing an autotelic personality _ .. / / social / experiment(s) / create / art(s)
/ _ / .

identity / creativity

- setting goals
- becoming immersed in the activity
- paying attention to what is happening
- learning to enjoy immediate experience

error(s) / play(s) / confession(s)
project(s) / pattern(s) / change(s) / cycle(s)

flow-skill(s)

flow(s) – skill(s) / for developing an autotelic personality / sign(s) – .. / / social / experiment(s) /
create / art(s) / _ / .

identity / education(s)

- **instrumental** – to learn to cope effectively with the environment / scenario(s)
- **expressive** – actions that externalize (y)our subjective experience(s) / perspective(s)

exercise(s) / error(s) / rationale(s) / confession(s) / program(s)
play / project / coffee / pattern(s) / change(s) / skill(s) / cycle(s) Æ

flow-thought(s)

flow(s) – thought(s) / of optimal experience – .. / / social / experiment(s) / create / art(s) / _ / .
identity / creativity

no great improvements in the lot of mankind are possible, until a great change takes place in the
fundamental constitution of (y)our modes of thought. [J.S. Mill]

error(s) / play(s) / confession(s)
project(s) / pattern(s) / change(s) / cycle(s)

flow-tool(s)

flow(s) – tool(s) / of optimal experience – .. / / social / experiment(s) / create / art(s) / _ / .
identity / creativity

attention / flexibility of attentional structure(s)

is (y)our most important tool in the task of improving the quality of experience(s) ...

(*achieving*) **complexity = differentiation + integration** error(s) / play(s) / confession(s)
play / artist(s) / project(s) / pattern(s) / change(s) / cycle(s)

flow-tv(s)

flow(s) – TV/commercial(s) / of optimal experience – .. / / social / experiment(s) / create / art(s) / _ / .
identity / creativity

yet despite all the assurances, sooner or later we wake up alone, sensing that there is no way that
this affluent, scientific, and sophisticated world is going to provide us with happiness.

error(s) / play(s) / confession(s)
project(s) / pattern(s) / change(s) / cycle(s)