

Flow

Preparing for my flow activity

Question	Answer
My flow activity is:	
I am interested in it because:	
When I do it, my aim in the activity is to:	
I will know how well I'm doing because:	
I know it's not too hard because:	

HANDOUT D

Flow

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I know it's not too easy because:	
I won't get distracted because:	
The place I'm going to do it is:	
My personal reward for doing it is:	