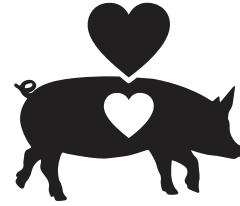


# Feel the FLOW!

Have you ever been working on a project or a task and just felt a FLOW? It is a time where everything moves along perfectly, you feel laser focused. You lose all track of time, and you're just in the ZONE. Mihaly Csikszentmihalyi focused on understanding happiness, creativity, fulfillment, and the idea of FLOW or getting in that ZONE. It is the state of being hyper-focused and totally immersed in an activity such as in art, work, or play. It is tied to a state of euphoria or ecstasy where true happiness blossoms.



**WHAT'S YOUR BACON?**  
**MASTER HAPPINESS**

