

Spark some new  
thinking with your

# CAREER FLOW CANVAS



“ *Flow is also known as being in ‘the zone’. It is the mental state in which a person performing some activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity.* ”



# Spark some new thinking with your career flow canvas



This tool will help you identify when you have been in flow in the past and when you are in flow in the present to help you reflect and identify clues for future moves. It's easy, just:

**Step 1:** Map your career highs and lows and pinpoint moments you have been at your best or 'in flow'

**Step 2:** Map a week in your present life – identifying when you are at your best and the skills you are tapping into

**Step 3:** Collate your clues

The following prompts will help you work through these elements



# Step 1: Map your past

- a) Start your timeline on the left – you can start as early as you like– think about when events started to shape your career, who you have become as a professional and your life. If this is a positive experience add it above the horizontal line – this signifies times you look back on as enjoyable. If this is a negative experience add it below the horizontal line
- b) Take a step back and think about the moments you have been most purposeful, in the best self 'in flow' – what do you notice?



Highs



Lows

## Step 2: Map your present

- Use this tool over five working days
- Each day notice when you are at your best and your energy feels high
- Note the factors that support this state –the skills you are tapping into and anything else of relevance
- Take a step back at the end of the week, when you have been most purposeful, at your best or 'in flow'

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I felt energised when I was.....	I felt energised when I was.....	I felt energised when I was.....	I felt energised when I was.....	I felt energised when I was.....
The skills I was using were....	The skills I was using were....	The skills I was using were....	The skills I was using were....	The skills I was using were....



## Step 3: Collate your clues



### My reflections (past)

I have been at my best/in flow when I am....

I have felt most purposeful when I have been....

### My reflections (present)

I am at my best/in flow when I am....

I have been in flow when I am tapping into the following skills.....

What else was happening when I was at my best (was it the environment, the culture or something else? Maybe you were at your best outside of work doing something entirely different.....)

What I want to do with this information next

*Tip: if you want to take this thinking further pair it with the career moves canvas*

