



## Flow Is the Secret to Happiness

### Description

Mihaly Czikszentmihalyi asks, « What makes a life worth living? » Nothing that money cannot make us **happy**, he looks to those who find pleasure and lasting satisfaction in activities that bring about a state of « flow. »

People who struggle to work remotely often bemoan the lack of in-person collaboration jumping from this tool to that tech in an effort to recreate the magic that only happens when we're all in the same room. There are definitely advantages to face time, but too often it seems like facial expressions and waving arms are substituted for clear thought and courtesy.

Unless your query concerns inflammable materials currently engulfed in said flames you've likely wasted their time – in fact, you may have even wasted your own.

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One of my favorite side-effects of working remotely is the way slow-time communication forces you to stop and think before you speak. When I have a question for one of our programmers, for example, here's a bit of what goes through my head:

The basic idea is this: you try to minimize the things that are bad, and maximize those that are good.

The next time you have a question for a coworker, try writing it out as if they were 1000 miles and 3 time zones away – even if they're sitting right next to you. You might surprise yourself with the answer.

### Categorie

1. Wild Life

### Tags

1. story
2. theory

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