



# The Flow Journal

DATE	FLOW EXPERIENCE OBSERVATIONS
	<ul style="list-style-type: none"><li>• What I was doing</li><li>• How long it lasted</li><li>• Other notes</li></ul>
	<ul style="list-style-type: none"><li>• What I was doing</li><li>• How long it lasted</li><li>• Other notes</li></ul>
	<ul style="list-style-type: none"><li>• What I was doing</li><li>• How long it lasted</li><li>• Other notes</li></ul>
	<ul style="list-style-type: none"><li>• What I was doing</li><li>• How long it lasted</li><li>• Other notes</li></ul>
	<ul style="list-style-type: none"><li>• What I was doing</li><li>• How long it lasted</li><li>• Other notes</li></ul>