



FLOW RÉSUMÉ

“The glory of God is a human being fully alive!”

- St. Irenaeus, *Against Heresies*, Book 4, 20:7

Throughout our lives, we have occasional moments of what are called “peak experiences.” These are times when we have clarity of insight, a sense of purpose, and even an at-homeness with our true selves. These moments of illumination are important to identify, record, and return to with reflection. In a related way, moments of flow are when we experience a deep connection between our inner lives and our outer world, between who we are and what we do, and between our heart’s desire and our daily work. In contrast, there are times when our work feels disconnected from what is most important to us and there is a dissonance between who we are and what we do. The purpose of a flow résumé is to find those activities when I am so engaged in life that I hardly distinguish between who I am and what I do.

In your flow résumé, compile your peak experiences, when you were “in the zone” of a challenge and performing at a high level. This allows you to take stock of times when you felt most engaged and alive and reflect on how to increase the frequency of these powerful experiences.

EXAMPLE

Flow State	How did it feel?	How did I get there?	What did I learn?
Runner’s high during marathon	Trained for X weeks and tapered well. Was totally in the zone and PR’ed.	Training pays off and can be incredibly satisfying	<ul style="list-style-type: none"> • Train well for more races! • Keep improving the system
Writing Y paper	Worked hard to improve my writing my whole academic career. I researched a topic that I enjoyed well and I just got into the zone and blazed through the paper!	Apparently I really like that topic, and I have come to enjoy crafting creative projects	<ul style="list-style-type: none"> • I should do more re-search on that topic • Or use that creativity on Z project.

¹ The original Latin phrase is “*Gloria enim Dei vivens homo, vita autem hominis visio Dei,*” with the latter half perhaps best translated as “for the life of man is the vision of God.”

FLOW RÉSUMÉ TIPS

- These moments can include any experience or performance from all walks of life: sports, academics, music, hiking, etc.
- Look over your final list and see if you can determine any common threads amongst your experiences.
 - Feel free to add to this as you think of/experience new ones!
 - Many people use a running Note or Google Doc or journal for this.

SCIENTIFIC BACKGROUND AND BENEFITS

- Flow, a state of complete absorption, was coined and popularized by positive psychologist [Mihály Csíkszentmihályi](#).
- Benefits include increased performance, creativity, and long-term happiness.²

² Phillips, Edward, [“Go with the Flow: Engagement and Concentration Are Key”](#), *Harvard Health Blog*, 30 Oct. 2015.

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