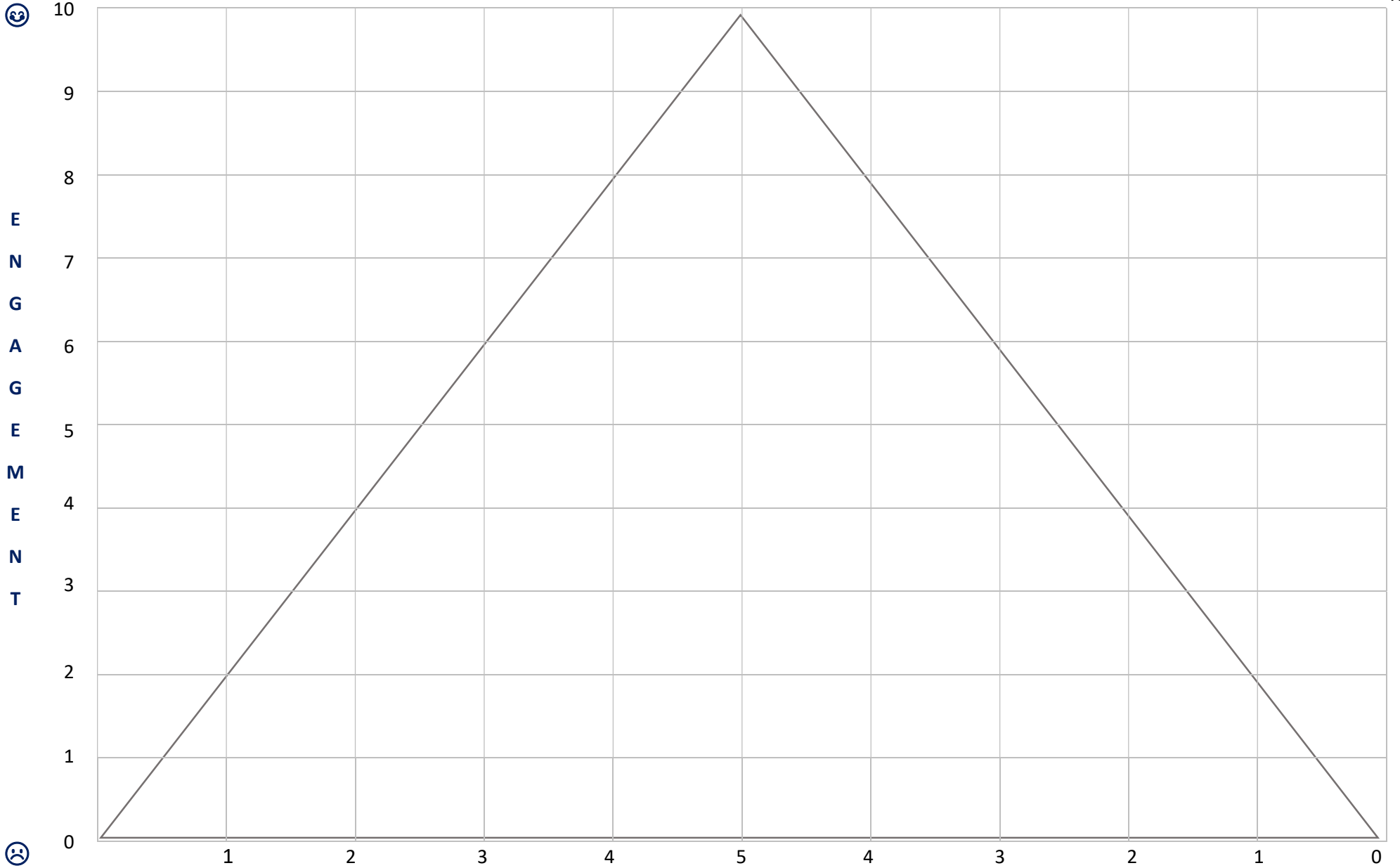


Peak Experiences Triangle

Time



For instructions see over.

Instructions

This tool is designed to help you assess whether you're doing enough of what really satisfies you in your life and career. The activities, projects, jobs, tasks, (etc) that give you energy and engage you. The most satisfying of all will give you 'flow'. This is where you are so absorbed in them that you lose your sense of time or feel fully present while doing them. They are likely to be activities you are naturally strong or gifted at.

While some of these activities may fully engage you not all will make you feel you are serving your purpose or calling in life. A satisfying life and career, one in which you flourish, will involve you spending a good portion of your time doing (and ideally being paid for) things that engage you *and* fulfil your sense of purpose.

How to use it

1. Plot your activities

Reflect on all the activities that make up your time. Perhaps start by reflecting on the past two weeks. How was it made up? The vertical 'Engagement' axis is for things which most engaged you and gave you 'FLENERGY' - flow, engagement, and energy, (in that order) where 10 gave you most and 0 gave you least. The horizontal 'Purpose/Calling' axis is to rate the activity for how much it contributed to your sense of purpose (where 5 is most and 0 is least). Your peak experiences will be those that score high on both axes since they will cluster around the top of the triangle. The rest will fall anywhere between the top and the base (left or right – just use the space) depending on how much they contributed to your purpose or calling. If you're not sure what your purpose or calling is simply rate the activity for how meaningful it was to you. Plot work activities on one side of the triangle and home (or non-work) on the other if it helps, or use separate sheets.

2. Estimate where your time goes

When you are confident you've accounted for most of your activities estimate how much time you spent doing each one and put this next to the activity in brackets. Next total up the times (jotting down the totals on the right side under 'Time') and try to calculate the proportion of your time you spent on high engagement activities (peak experiences), versus low engagement activities (those you rated 4 or below on the vertical 'Engagement' axis).

3. Reflect on your findings

What does your resulting activity map indicate? Are you satisfied with the balance (and ratio) between peak and non-peak? While it's unrealistic to expect to only do engaging activities the whole time the distribution should show whether you're doing enough that satisfies you and makes up for the time you spend on low engagement activities. If your results indicate you spend an insufficient portion of your time doing things that engage you and fulfil your sense of purpose (peak experiences) this could be a call to take action. If so Headspace Coaching will be happy to help. Contact us for a free introductory consultation.

NB. We've also designed a 'Peak Experiences Triangle for Teams' and organisations. Download it free from our website.