

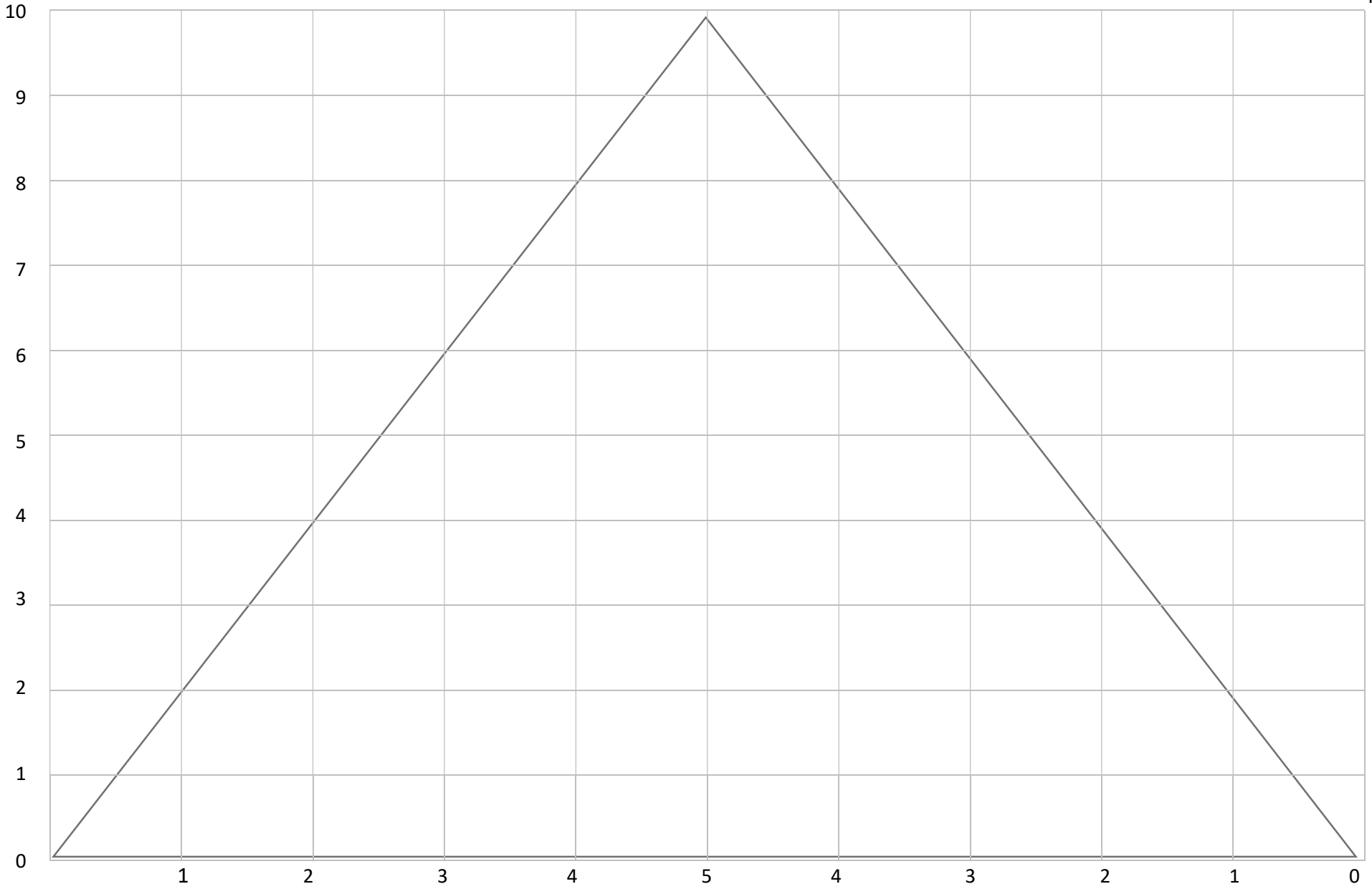


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Peak Experiences Triangle

Time



PURPOSE / CALLING

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, calling, or your *raison d'être* (reason to be). A satisfying life and career, one in which you flourish, will most likely be one in which you spend a sufficient portion of your time carrying out (and ideally being paid for) activities 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 looking back on the past two weeks. How was it made up? The vertical axis is for things which most engaged you and gave you most 'FLENERGY' - flow, engagement, and energy, (in that order) where 10 gave you most and 0 gave you least. The horizontal axis is so you can 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. These are the activities you want more of. 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 according to how meaningful it was to you.

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. When you've finished doing this for all your activities 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 peak experience activities, versus the amount of time you spent doing activities you didn't score highly (so are closer to the base corners of the triangle) and potentially even demotivated you and sapped your energy.

3. Reflect on your findings

What do your results indicate? Are you satisfied with the balance between your peak and non-peak experiences? If not, it could be a call to re-assess your life or career in order to work out how you can spend more time doing (and being rewarded for) the things that bring you most satisfaction and fulfilment. Headspace Coaching will be happy to help if that's the case. 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.