Applied Positive Psychology

E - Engagement



It is important in our lives to be able to find activities that needs our full engagement. Engagement in the activities in our lives is important for us to learn, grow and nurture our personal happiness.

Everyone is different and we all find enjoyment in different things whether it's playing an instrument, playing a sport, dancing, working on an interesting project at work or even just a hobby.

We all need something in our lives that entirely absorbs us into the present moment, creating a 'flow' of blissful immersion into the task or activity. This type of 'flow' of engagement is important to stretch our intelligence, skills, and emotional capabilities.

Engagement Links:

1. <u>Strenghts/Virtues</u>: https://positivepsychologyprogram.com/category/strengths-virtues/