

## Coda to 'How often do you get lost in your work?'

Margaret Beaton 28 January 2013

My first [post](#) of 2013 asked 'How often do you get lost in your work?'. In this post I drew on the work of Mihály Csikszentmihályi in explaining how the idea of finding 'flow' can help you develop your career. In his latest book [Flourish](#), Martin Seligman—of Authentic Happiness fame—expounds a theory of well-being. Reading [Flourish](#) reminded me of a very useful and relevant tool that Seligman makes freely available.

One major component of well-being is being engaged and this, according to Seligman, is the same as being in flow. To help you explore how you can find flow in your work, I recommend you complete Seligman's [Values in Action](#) questionnaire.

This will help you identify your signature competences and when you have your Values in Action report, ask yourself:

- + 'How often do I use my signature competences in my current job?' in other words to what extent does your current job enable you to play to your strengths?
- + 'Can I shape my current job to enable me to make greater use of my signature competences?' And if I can't do this...
- + 'What do I have to do to find a new career role in which I can?'

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