

Mihaly Csikszentmihalyi Quotes

*Business, People, Goal, Creativity, Happiness, Self, Trying, Skills, Ideas,
Consciousness, Doe, Long, Life, Way, Psychics, Focus, Thinking, Learning,
Jobs, Quality*

For better or worse, our future will be determined in large part by our dreams and by the struggle to make them real.

~Mihaly Csikszentmihalyi

Flow is being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz.

~Mihaly Csikszentmihalyi

A joyful life is an individual creation that cannot be copied from a recipe.

~Mihaly Csikszentmihalyi

Find out what you like and what you hate about life. Start doing more of what you love, less of what you hate.

~Mihaly Csikszentmihalyi

And it has become a kind of a truism in the study of creativity that you can't be creating anything with less than 10 years of technical knowledge immersion in a particular field.

~Mihaly Csikszentmihalyi

If you do anything well, it becomes enjoyable. To keep enjoying something, you need to increase its complexity.

~Mihaly Csikszentmihalyi

The task is to learn how to enjoy everyday life without diminishing other people's chances to enjoy theirs.

~Mihaly Csikszentmihalyi

Flow is hard to achieve without effort. Flow is not 'wasting time.

~Mihaly Csikszentmihalyi

Entropy is the normal state of consciousness - a condition that is

neither useful nor enjoyable.

~Mihaly Csikszentmihalyi

Write down each day what surprised you and how you surprised others. When something strikes a spark of interest, follow it.

~Mihaly Csikszentmihalyi

Unless a person knows how to give order to her thoughts, attention will be attracted to whatever is most problematic at the moment.

~Mihaly Csikszentmihalyi

We shape our life by deciding to pay attention to it. It is the direction of our attention and its intensity that will determine what we accomplish and how well.

~Mihaly Csikszentmihalyi

One cannot lead a life that is truly excellent without feeling that one belongs to something greater and more permanent than oneself.

~Mihaly Csikszentmihalyi

Attention is psychic energy, and like physical energy, unless we allocate some part of it to the task at hand, no work gets done.

~Mihaly Csikszentmihalyi

Act as if the future of the universe depends on what you do, while laughing at yourself for thinking that your actions make any difference.

~Mihaly Csikszentmihalyi

A business is successful to the extent that it provides a product or service that contributes to happiness in all of its forms.

~Mihaly Csikszentmihalyi

Control of consciousness determines the quality of life.

~Mihaly Csikszentmihalyi

Try to be inspired by something every day. Try to inspire at least one person every day.

~Mihaly Csikszentmihalyi

A person can make himself happy, or miserable, regardless of what is actually happening 'outside,' just by changing the contents of consciousness.

~Mihaly Csikszentmihalyi

It is better to look suffering straight in the eye, acknowledge and respect it's presence, and then get busy as soon as possible focusing on things we choose to focus on.

~Mihaly Csikszentmihalyi

But it is impossible to enjoy a tennis game, a book, or a conversation unless attention is fully concentrated on the activity.

~Mihaly Csikszentmihalyi

For a person to become deeply involved in any activity it is essential that he knows precisely what tasks he must accomplish, moment by moment.

~Mihaly Csikszentmihalyi

Wake up in the morning with a specific goal to look forward to.

~Mihaly Csikszentmihalyi

One must develop skills that stretch capacities, that make one more than what one is.

~Mihaly Csikszentmihalyi

It is when we act freely, for the sake of the action itself rather than for ulterior motives, that we learn to become more than what we were.

~Mihaly Csikszentmihalyi

People who learn to control inner experience will be able to determine the quality of their lives, which is as close as any of us can come to being happy.

~Mihaly Csikszentmihalyi

Knowing oneself is not so much a question of discovering what is present in one's self, but rather the creation of who one wants to be.

~Mihaly Csikszentmihalyi

Even without success, creative persons find joy in a job well done. Learning for its own sake is rewarding.

~Mihaly Csikszentmihalyi

To be successful you have to enjoy doing your best while at the same time contributing to something beyond yourself.

~Mihaly Csikszentmihalyi

Creative individuals tend to be smart, yet also naive at the same time... Creative individuals have a combination of playfulness and discipline, or responsibility and irresponsibility.

~Mihaly Csikszentmihalyi

For better or worse, our future is now closely tied to human creativity.

~Mihaly Csikszentmihalyi

It is essential to learn to enjoy life. It really does not make sense to go through the motions of existence if one does not appreciate as much of it as possible.

~Mihaly Csikszentmihalyi

When we are involved in [creativity], we feel that we are living more fully than during the rest of life.

~Mihaly Csikszentmihalyi

People generally report higher levels of stress, depression, and tension after watching TV. It seems that TV's main virtue is that it occupies the mind undemandingly.

~Mihaly Csikszentmihalyi

It is how we choose what we do, and how we approach it, that will determine whether the sum of our days adds up to a formless blur, or to something resembling a work of art.

~Mihaly Csikszentmihalyi

Pleasure is an important component of the quality of life, but by itself it does not bring happiness. Pleasure helps to maintain order, but by itself cannot create a new order in consciousness.

~Mihaly Csikszentmihalyi

A person who forgoes the use of his symbolic skills is never really free.

~Mihaly Csikszentmihalyi

Sir John Templeton: "My ethical principle in the first place was: 'Where could I use my talents that God gave me to help the most people?'"

~Mihaly Csikszentmihalyi

Optimal experience is that rare occasion when we feel a sense of exhilaration, a deep sense of enjoyment that is long cherished and that becomes a landmark in memory for what life should be like.

~Mihaly Csikszentmihalyi

The ability to take misfortune and make something good come of it is a rare gift. Those who possess it are ..said to have resilience or courage.

~Mihaly Csikszentmihalyi

Goals transform a random walk into a chase.

~Mihaly Csikszentmihalyi

It is not the skills we actually have that determine how we feel but the ones we think we have.

~Mihaly Csikszentmihalyi

Shift often from openness to closure.

~Mihaly Csikszentmihalyi

An ideal organization is one in which each worker's potentialities find room for expression.

~Mihaly Csikszentmihalyi

It is by being fully involved with every detail of our lives, whether good or bad, that we find happiness, not by trying to look for it directly.

~Mihaly Csikszentmihalyi

The more a person feels skilled, the more her moods will improve; while the more challenges that are present, the more her attention will become focused and concentrated.

~Mihaly Csikszentmihalyi

Produce as many ideas as possible. Try to produce unlikely ideas.

~Mihaly Csikszentmihalyi

It is not the hearing that improves life, but the listening.

~Mihaly Csikszentmihalyi

Those periods of struggling to overcome challenges are what people find to be the most enjoyable times.

~Mihaly Csikszentmihalyi

Take charge of your schedule. Make time for reflection and relaxation.

~Mihaly Csikszentmihalyi

To gain control over the quality of experience, one needs to learn how

to build enjoyment into what happens day in, day out.

~Mihaly Csikszentmihalyi

Look at problems from as many viewpoints as possible. Figure out the implications of the problem. Implement the solution.

~Mihaly Csikszentmihalyi

Participate as fully as possible in the world around you.

~Mihaly Csikszentmihalyi

Purpose provides activation energy for living.

~Mihaly Csikszentmihalyi

Develop what you lack.

~Mihaly Csikszentmihalyi

We can transform reality to the extent that we influence what happens in consciousness and thus free ourselves from the threats and blandishments of the outside world.

~Mihaly Csikszentmihalyi

If you're alone with nothing to do, the quality of your experience really plummets.

~Mihaly Csikszentmihalyi

Pain and pleasure occur in consciousness and exist only there

~Mihaly Csikszentmihalyi

Happiness is a condition that must be prepared for, cultivated, and defended privately by each person.

~Mihaly Csikszentmihalyi

The most important step in emancipating oneself from social controls is the ability to find rewards in the events of each moment.

~Mihaly Csikszentmihalyi

If we are so rich, why aren't we happy?

~Mihaly Csikszentmihalyi

And, in fact, you can find that the lack of basic resources, material resources, contributes to unhappiness, but the increase in material resources do not increase happiness.

~Mihaly Csikszentmihalyi

It is how people respond to stress that determines whether they will profit from misfortune or be miserable.

~Mihaly Csikszentmihalyi

Happiness does not simply happen to us. It's something that we make happen.

~Mihaly Csikszentmihalyi

A typical day is full of anxiety and boredom. Flow experiences provide the flashes of intense living against this dull background.

~Mihaly Csikszentmihalyi

There will be no good business unless the majority comes to agree that we should demand more from business than large quarterly returns.

~Mihaly Csikszentmihalyi

One of the surest ways to enrich life is to make experiences less fleeting.

~Mihaly Csikszentmihalyi

Find a way to express what moves you.

~Mihaly Csikszentmihalyi

People without an internalized symbolic system can all too easily

become captives of the media.

~Mihaly Csikszentmihalyi

Competition is enjoyable only when it is a means to perfect one's skills; when it becomes an end in itself, it ceases to be fun.

~Mihaly Csikszentmihalyi

Studying creativity is not an elite distraction, but provides one of the most exciting models for living.

~Mihaly Csikszentmihalyi

Creative individuals are more likely to have not only the strengths of their own gender but those of the other one, too.

~Mihaly Csikszentmihalyi

It is by becoming increasingly complex that the self might be said to grow.

~Mihaly Csikszentmihalyi

Socializing is more positive than being alone, that's why meetings are so popular. People don't like being alone. That would be, however, an important skill to learn.

~Mihaly Csikszentmihalyi

Perform with elan, brilliance and dash - at concert pitch.

~Mihaly Csikszentmihalyi

Only direct control of experience, the ability to derive moment-by-moment enjoyment from everything we do, can overcome the obstacles to fulfillment.

~Mihaly Csikszentmihalyi

Control over consciousness cannot be institutionalized. As soon as it becomes part of a set of social rules and norms, it ceases to be

effective in the way it was originally intended to be.

~Mihaly Csikszentmihalyi

The germ of an idea doesn't make the sculpture that stands up... so the next stage is hard work

~Mihaly Csikszentmihalyi

If we know what that set point is, we can predict fairly accurately when you will be in flow, and it will be when your challenges are higher than average and skills are higher than average.

~Mihaly Csikszentmihalyi

I have a naive trust in the universe - that at some level it all makes sense, and we can get glimpses of that sense if we try.

~Mihaly Csikszentmihalyi

Happiness is not something that happens ... It does not depend on outside events, but, rather, on how we interpret them.

~Mihaly Csikszentmihalyi

When people restrain themselves out of fear, their lives are by necessity diminished. They become rigid and defensive, and their self stops growing.

~Mihaly Csikszentmihalyi

To be overcome with the ultimate goal often interferes with performance.

~Mihaly Csikszentmihalyi

The mood state Americans are in, on average, when watching television is mildly depressed.

~Mihaly Csikszentmihalyi

There are managers so preoccupied with their e-mail messages that

they never look up from their screens to see what's happening in the nondigital world

~Mihaly Csikszentmihalyi

The psychic entropy peculiar to the human condition involves seeing more to do than one can actually accomplish and feeling able to accomplish more than what conditions allow.

~Mihaly Csikszentmihalyi

I think that evolution has had a hand in selecting people who had a sense of doing something beyond themselves.

~Mihaly Csikszentmihalyi

People enter Web sites hoping to be led somewhere, hoping for a payoff.

~Mihaly Csikszentmihalyi

We have learned how to develop five-minute and even one-minute managers. But we would do better to ask ourselves what it takes to be an executive who helps build a better future.

~Mihaly Csikszentmihalyi

Those who seek consolation in existing churches often pay for their peace of mind with a tacit agreement to ignore a great deal of what is known about the way the world works.

~Mihaly Csikszentmihalyi

If we agree that the bottom line of life is happiness, not success, then it makes perfect sense to say that it is the journey that counts, not reaching the destination.

~Mihaly Csikszentmihalyi

Competition is an easy way to get into flow.

~Mihaly Csikszentmihalyi

To play the trumpet well, a musician can not let more than a few days pass without practicing.

~Mihaly Csikszentmihalyi

Other things equal, a life filled with complex flow activities is more worth living than one spent consuming passive entertainment.

~Mihaly Csikszentmihalyi

Since the purpose of business is to satisfy existing desires, or stimulate new ones, if everyone were genuinely happy, there would be no need for business any longer.

~Mihaly Csikszentmihalyi

As long as we respond predictably to what feels good and what feels bad, it is easy for others to exploit our preferences for their own ends.

~Mihaly Csikszentmihalyi

Often we don't have a good notion of what our talents are, because we have never had a chance to try them out.

~Mihaly Csikszentmihalyi

Whatever the dictates of fashion, it seems that those who take the trouble to gain mastery over what happens in consciousness do lead a happier life.

~Mihaly Csikszentmihalyi

We cannot deny the facts of nature, but we should certainly try to improve on them.

~Mihaly Csikszentmihalyi

Try to be surprised by something every day.

~Mihaly Csikszentmihalyi

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