Flow is the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity.

I often experience both flow and Like-o-meter in my placement at the Canton Soup Kitchen. I would often get lost in my work and look at the clock and see that I had been working extra time. Also when ever I was at the Soup Kitchen my Like-o-meter went up.

Like-o-meter is when you enjoy something your Like-o-meter goes up, when you don’t enjoy something it goes down.