



Getting into the Zone

with Joanne Calderwood

Part One ~ What?

1. What is the definition of "Getting into the Zone"?

- For athletes:

- For moms:

2. What zone do you primarily operate in? Circle all that apply.



1. In Circles Zone



2. Go it Alone Zone



3. Clutter Zone



4. Exhaustion Zone



5. Combat Zone



6. Oblivion Zone



7. Wits End Zone



8. Hurdle Zone



9. Who-Am-I-Again Zone



10. Hit a Wall Zone



11. Unwound Zone



12. Child-Training Zone



13. Juggling Zone



14. Zombie Zone



15. Self-Sabotage Zone

Do any of the above Zones apply to you more than the others? ☺

I'm sure we all are in these zones more than we'd like to be. But WHY are we in these zones?

Part Two ~ Why?

1. What are some reasons why we live in these crazy zones?

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2. What happens when we spend time in our crazy zones?

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3. Get into your COMFORT zone!

- Huh?



Part Three ~ How?

1. "Unslumping yourself isn't easily done." ~ Dr. Seuss

The Three B's:

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2. "You don't have a soul. You are a soul. You have a body." ~ C.S. Lewis

Strategies for Change:

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