



Your *Zones*

1. Comfort Zone

2. Safe Zone

3. Flow Zone

4. Deception Zone

Have you become too comfortable with activities, behaviors, routines that aren't safe or aren't good for you?

1. Comfort Zone

This is what you do every day.

What you're good at.

What makes you comfortable.

Like a merry-go-round, you may be moving around but not moving forward.

In your Comfort Zone, write down the things that fit this description.

2. Safe Zone

Believe it or not, you can still be safe outside of your comfort zone. This may not be the case 100% of the time, but it is true surprisingly often. Think about it. What are some things you have done and achieved that, looking back, you realize that maybe you actually did step outside of your comfort zone?

Write those down, and keep writing... what are some things you have been hesitating to do that, if you think about it, are probably pretty safe after all?

3. Flow Zone

After thinking about your Comfort Zone and your Safe Zone, let me introduce the Flow Zone.* Flow describes the state of doing something that you enjoy so much, you just get lost in it, and you lose your sense of effort and time. Does this describe anything in your comfort zone? I'll bet it describes the contents of your safe zone too. That's the key: when you love doing something, you might not even recognize that you've stepped across the border, outside your comfort zone. This makes your comfort zone and safe zone even bigger!

List the activities that are part of your flow zone!

* The concept of flow was written about extensively by Mihaly Csikszentmihalyi and I apply some of his concepts to the ideas of the Flow Zone (see https://www.amazon.com/Flow-Psychology-Experience-Mihaly-Csikszentmihalyi/dp/0060162538/ref=asap_bc?ie=UTF8)



Write about your ZONES:

1. Comfort Zone

2. Safe Zone

3. Flow Zone

4. Deception Zone



Let's look at what you just wrote.

- Can you recognize where you really feel the flow, the activities you enjoy doing most? Quick advice: **DO MORE OF THESE!**
- Even if you didn't write them down, are there some activities that you won't do because you feel there's too much risk... that is, they take you out of your comfort zone?
- Realize that much of what lies beyond your comfort zone is still safe? Think about the worst that can happen... or how the reward might outweigh the risk!
- Do you have any behaviors or habits that fall into the Deception Zone? Sometimes we do things just because we always have. That doesn't necessarily mean that they're dangerous, but they might be using your resources in a way that slows you down, leads to stagnation... and that can be dangerous?
- **What changes can you make to find flow, to step beyond your comfort zone to where it's still safe... safer than you think?**

