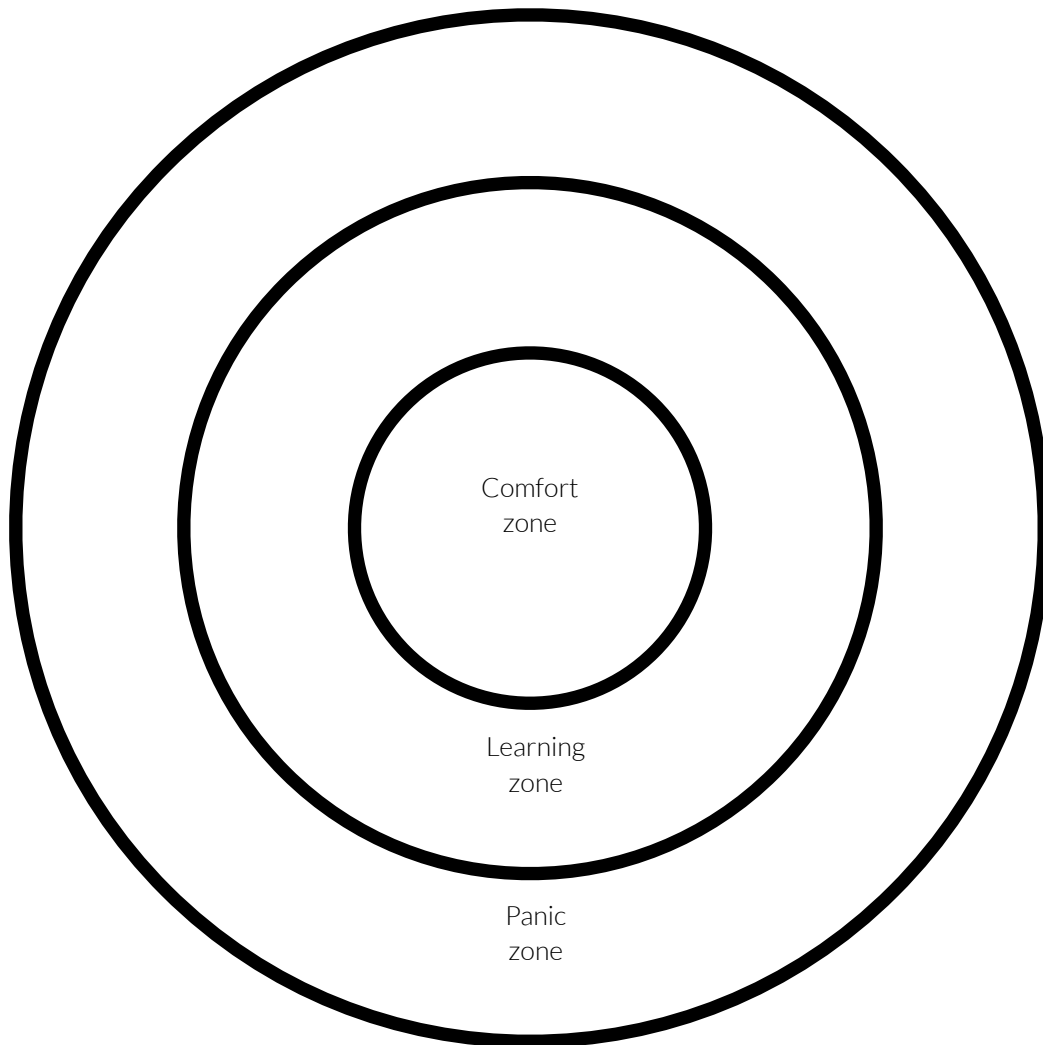




Learning zones



You may be familiar with the three zones in the image above:

Comfort zone - things feel comfortable and don't take much energy but you are limited in scope.

Learning zone - things take more energy, but there is more you can do.

Panic zone - going too far outside the comfort zone, not being able to learn.

You ideally want to spend most of your time in either your comfort zone or your learning zone, and minimise time in the panic zone as you won't be resourceful in this state.

If you spend too much time in your comfort zone you won't make the changes you desire; but move too far and you'll go into your panic zone.

Check in on a regular basis to see where you feel you are - if you're outside of your learning zone, adapt the experience to bring you back. Stretch yourself if you're in your comfort zone, and bring it back if you're in the panic zone.