



The Time is Now

Get In The Zone: Exercise

Life Planning Exercise 26 – My Zone Bank

Just like world-class athletes, legendary actors, and the most powerful political figures in the world, we all have the ability to live and perform at an optimal level. When we feel our best, we do our best, and that’s what being “in the zone” is all about.

Your “Zone Bank” is a set of tools and mental devices you can tap into for an infusion of motivation, enthusiasm, and power. For some individuals, this could be a few moments to meditate. For others, it might mean blasting their favorite high-energy song. We have found that one of the best methods is to close your eyes and recall a time when you were performing at your absolute best, remembering every possible detail of what you did and how it felt. This doesn’t have to be a major event, either! Maybe you mowed the lawn in record time, enjoying the smell of fresh-cut grass, and didn’t have to rake up a single blade. You were in the zone! Accessing these memories is the perfect way to help you to feel confident as you start your day or begin an important task.

In the blank fields below, make your first Zone Bank deposits by describing recollections of times when everything was in perfect rhythm and every move you made and action you took just seemed right. And next time you need a little push to get you going, access your Zone Bank for a quick withdrawal. Just be sure to keep making deposits, too!
