

# GROWTH ZONE

**RIGHT MIND. RIGHT SKILLS. RIGHT MOTIVATION.**

## **\*GROWTH ZONE\***

**Successful Attempts: 50-80%**

- Frustration • Difficulty • Alertness to errors
- Engaged in an intense struggle, stretching for nearly unreachable goals

## **COMFORT ZONE**

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**Successful Attempts: 80%+**

- Ease • Effortless
- You are working, but not reaching or struggling

**\*GROWTH ZONE\***

## **PANIC ZONE**

**Successful Attempts: Below 50%**

- Confusion • Desperation
- You're overmatched, scrambling, thrashing & guessing

**PANIC ZONE**