

# Spend 2022 in the zone.

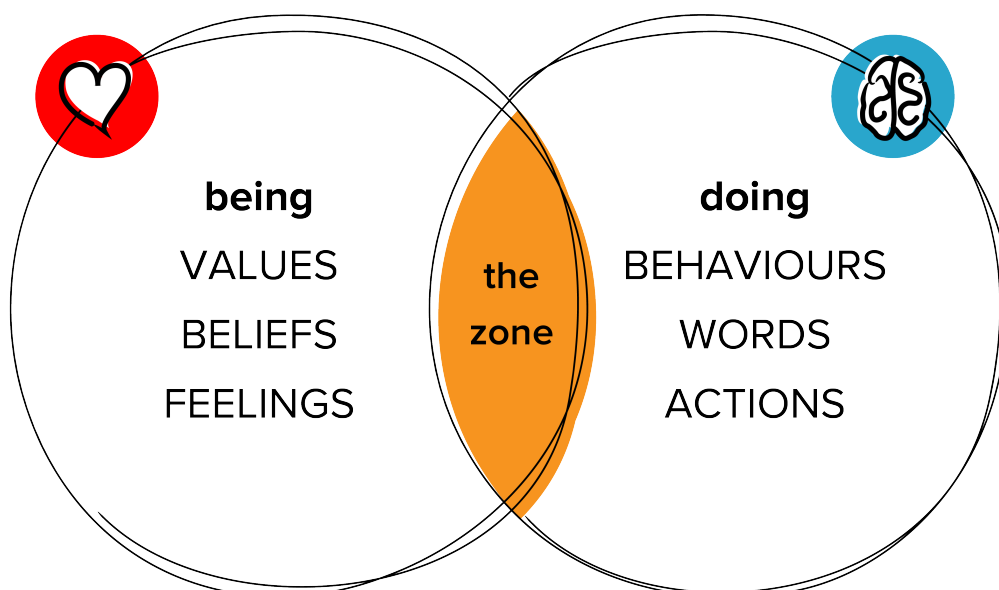
A 5-step guide to set yourself up  
for more joy and a peace of mind.

## WELCOME

At the core of who we are as human beings, we find two key components: our being and our doing. Our being is our internal compass, it represents our values, feelings and beliefs. Our doing is how we express ourselves to the outside world through our actions and behavior.

When these two worlds come together -- when our words, actions and behaviors reflect our values and who we are in our core, we enter the zone: the space where happiness and high performance co-exist. We feel energized, engaged, fully present, focused on the task at hand, and able to generate incredible results for ourselves and those around us. When we live in the zone, we create a positive ripple effect in our world.

Want to set yourself up for 2022 in the zone?  
Block 30 minutes in your day and begin here.



# **INSTRUCTIONS**



## **What is this?**

A guide to help you spend more time in the zone in 2022.



## **How to use it?**

Print it out or use the digital version, take 30 minutes and follow the steps on the next



## **Make space**

Turn off your notifications, put your phone away, make yourself tea, claim and enjoy this time.



## **Set a timer**

**30** minutes and go.

## **STEP 1**

Recall 3 moments in 2021 when you were out of the zone: What happened? How did you feel? What happened to the people around you? What were the consequences?



the zone®

## **STEP 2**

Think of 5 moments in 2021 when you felt in the zone: describe the moments. How did you feel? What happened to the people around you? Where did you go from there? (Instead of writing down your answers, feel free to draw them to access a different part of your brain).

## **STEP 3**

Take a moment to ponder on the 5 moments when you felt in the zone: energized, content, focused and fully present. What were the key ingredients -- and your key behaviors -- that led you there?



## **STEP 4**

As you envision your 2022, how can you create 3 habits that will help you get to and stay in the zone (for example, mine are regular time outs, walks in nature and making dedicated time to have a good breakfast before I start my day).

## **STEP 5**

Commit and schedule your habits in your calendar, share with someone in your team or family.

We know it takes 20+ days for habits to form, so this one is up to you.



Celebrate the beginning of your journey and start now!



We'd love to hear how it went! Tag us on [LinkedIn](#) or [Instagram](#), and reach out at [hello@thezone.co](mailto:hello@thezone.co) if you have any questions or would like any support.

Have a great year in the zone,  
The Zone team

[www.](#) [in](#) 



the zone®