

Blue Zone Sad - Bored Tired - Sick



Green ZoneHappy - Focused
Calm - Proud



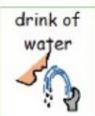
Yellow Zone Worried - Frustrated Silly - Excited



Red Zone Overjoyed/Elated Panicked - Angry - Terrified

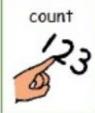
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Use tools to get in the green zone



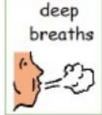
take a

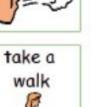
break



self talk



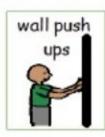


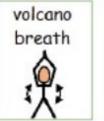




squeeze

and release

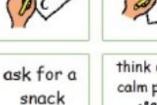


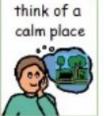












write this



