

ZONE

Where is it? How do I stay there?

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The Zone in brief: *Focused – totally there – timeless/Body, Mind, Emotion and Spirit in perfect synch/Timing is just right/Flowing in thought and action/Patient/Positive and hungry/Alert, Aware/Really there – nowhere else/Doubt free/Fear free/Nothing else exists but you're tried and practiced processes of success/With the enthusiasm of a child/Decisive/Trusting/Believing deeply in your purpose and place/Abundant clarity/Beyond distraction – total immersed in the now/perfect responses*

There is **no unanimity** as to what constitutes the Zone yet there is little disagreement as to its very special nature.

- **Starting point** is always – when did you do it well? What did you do exactly? What were you thinking, feeling, saying to yourself and others? Endeavour to **recapture the moment** when it worked. Try that now....

To have presence you must be able to be mindfully present. John Novak

Questions: Describe in detail your zone moments? Recreate and then replay. For those who have limited experience in this area - What would your zone look like? Feel like? Sound like? Be like?

Key Notions to understanding ZONE

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| <ul style="list-style-type: none">▪ Focus/Concentration:recreate and refresh your memory of these 4 aspects.....▪ Intensity:were you up, down, somewhere in between...▪ Now/being present:▪ Trust/belief:..... |
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Negativity has no place here. *Doubt, fear, confusion, frustration, FREE ZONE!*

The zone is **HERE & NOW!**

Essentials of getting into the zone – *seek this out.* You need to:

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| <ul style="list-style-type: none">▪ Possess/develop physical and technical ability.▪ Have a clear understanding of your technique: the process – the ‘how to’ - must be very clear.▪ Control your breathing.▪ Have an adequate fitness level necessary to compete at the desired level.▪ Practice and prepare how you intend to play and compete.▪ Be totally committed to what you are doing | <ul style="list-style-type: none">▪ Believe that you have what it takes.▪ Put out to the world, yourself and to your competitors a clear intention.▪ Trust yourself.▪ Nurture love for your sport: win or loss, you almost ache to perform, practice and compete.▪ Be positive and filled with faith that you are on your desired path. |
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Reality check: the zone will probably elude you until your skill level increases to a point where you know what you are doing and how to do it around 85% of the time.

To get into the zone you need years of commitment to disciplined practices of the basics. John Novak

Practice time: Do 3-5 mins x 2-3 times a day x 6 days a week on being confident and exactly where you need be. Zoned In! **Positive talk:** In my zone - I am confident, decisive, passionate, and trust in my abilities. In my Zone totally committed to my inner strength

NOW TIME!

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