

# IN THE ZONE?



## HERE'S HOW YOU CAN TELL IF YOUR EFFORT IS "100"

**The closer the quality of your effort is to 100 on a scale of 100, the closer you will be to a place called "THE ZONE".**

When you're in THE ZONE, you're not doing what you're doing for anyone else -- and nobody can tell you what to do. You're locked in, doing exactly what you do best, and you're totally focused. When you're in THE ZONE 100%, you can be certain that the quality of your effort is also 100%.

You can't get IN THE ZONE without taking full responsibility for yourself, your life, and your choices. That's the catch. You have to accept that you, and you alone, are completely accountable for all of your successes and failures. If you want to improve the quality of your effort, it really is entirely up to you. Either you believe in yourself, or you don't. Either you get the very most you possibly can out of your talent, or you don't. Either you invest in yourself, or you don't. If you're accountable to yourself first, what the coach thinks, what your family thinks, or what the outside world thinks, DOESN'T MATTER. You are personally committed -- and you are making your way INTO THE ZONE.

**So: Where are you right now? Are you IN THE ZONE? Or is it time for you to take personal responsibility for getting there?**