

## Manage your Mindset - What zone are you in?

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Here is a model of the world I enjoy sharing. It is best thought of as a sliding scale and worthy of regular contemplation. Why? Because **state of mind**, correlates with both productivity and happiness. The question is where are you?

**1. The Brilliant zone:** You feel great, are very productive and people around you react to you very positively. In this zone you're getting things done and are in '**cause**'. You can spot such people easily. Ask them how they are and they will enthusiastically say 'I'm great thanks' or even 'brilliant'! This is the zone to be in if you want work to really flow and of course you're feeling happy.

**2. The Grey Zone:** where most people allot of their time. Most things in life tend to gravitate towards a mid point. When asked people respond with 'I'm OK thanks', 'not bad' or even 'fair to middling'! Here you are in '**cause and effect**', with mood influenced by how you perceive what is going on around you. The weather for example! Productivity here can still be high, however much more effort to motivate yourself may be required than if you're in the brilliant zone.

**3. The Cr\*p zone:** we all enter this zone sometimes. It may just be a bad day or longer (things happen). However we all know people who on average spend more time here than others! In this zone we are at '**effect**' in the world. A fellow student from my college days nicknamed 'the atmosphere hoover' comes to mind!

So which zone are you in today? And where do you spend most of your time? For me this is a key role of a business and life coach, helping facilitate movement up the zones to greater levels of productivity and happiness.

Finally here is a quote I received this week, thanks to a very inspirational friend Helen.

When you work for yourself or your own personal gain, your mind will seldom rise above the limitations of the undeveloped personal life. But when you are inspired by some great purpose, some extraordinary project, all your thoughts break bounds; your mind transcends limitations. Your consciousness expands in all directions and you find yourself in a new world, a great world, a wonderful world. Dormant powers, faculties and talents become alive, and you discover yourself to become a larger person by far. More than you ever dreamed yourself to be."

Christian Larson - Business Psychology 1912

Wishing you success always

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