# Find Your Zone Worksheet

## Step 1 — Spot the Distraction

What situations most often pull you out of the Zone? (e.g., negative self-talk, fear of mistakes, outside pressure)

## Step 2 — Choose Your Focus

What is ONE controllable focus for your next practice, meeting, or competition? (Keep it simple: breath, cadence, first step, next rep.)

## Step 3 — One Action Today

What is one action you will take in the next 24 hours to move closer to your Zone?

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