

Growth Zone = Unconscious competence (Mastery)

The individual has had so much practice with a skill that it has become "second nature" and can be performed easily. As a result, the skill can be performed while executing another task. The individual may be able to teach it to others, depending upon how and when it was learned * Finds Purpose – changes with age * Lives Dreams – changes with age
Set New Goals * Conquer Objectives * Self-Validation * Fulfillment * Intentional
Willingness is willing to accept each moment as a new experience * Listening to self

Growth Zone

Learning Zone = Conscious competence (Learning)

The individual understands or knows how to do something. However, demonstrating the skill or knowledge requires concentration. It may be broken down into steps, and there is heavy conscious involvement in executing the new skill. Deals with challenges and problems. Acquire New Skills. Extends Comfort Zone. Action

Learning Zone

Fear Zone = Conscious incompetence (Awareness)

Though the individual does not understand or know how to do something, he or she does recognize the deficit, as well as the value of a new skill in addressing the deficit. * Lacks Self-Confidence * Lacks Self Esteem * Self-Doubts * Finds Excuses * Affected by other's opinions * Barriers * Obstacles

Fear Zone

Comfort Zone = Unconscious incompetence (Ignorance)

The individual does not understand or know how to do something and does not necessarily recognize the deficit. They may deny the usefulness of the skill.
The individual must recognize their own incompetence, and the value of the new skill, before moving on to the next stage.
Willfulness is refusing to make changes as needed
Doing the opposite of what works because of fear
Wants More Won't Do More*Mad About Results of Not Having More

Comfort Zone