Yellow Zone



excited happy calm confident



Green Zone





Yellow Zone feelings should be 'good for me, good for you, good for everyone."

Green Zone feelings help you to grow!

Blue Zone



sad tired bored angry



60



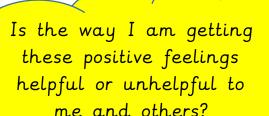
Red Zone really angry really worried out of control



Blue Zone feelings can feel tough for a while.

Red Zone feelings can make you feel like you will pop!

Yellow Zone



Green Zone

Is this unpleasant feeling helping me to become a confident and successful person? If so, you are in the Green Zone!

Blue Zone

How am I managing this unpleasant feeling?

Have I got the right support?



When you are in the Red Zone, you are experiencing feelings that can make you pop.

We can experience these feelings if we are having too many Blue Zone experiences for too long.



