Instructions: Take a few minutes to reflect on and respond to the following questions.

1. What do each of these zones look like for me personally in the context of this program/experience?
   a. Comfort Zone:
   b. Learning Zone:
   c. Panic Zone:

2. How can each of the following help me get in the learning zone?
   a. The instructor/leader/facilitator?
   b. My peers—the other participants?
   c. What can I do to get myself into the learning zone?