



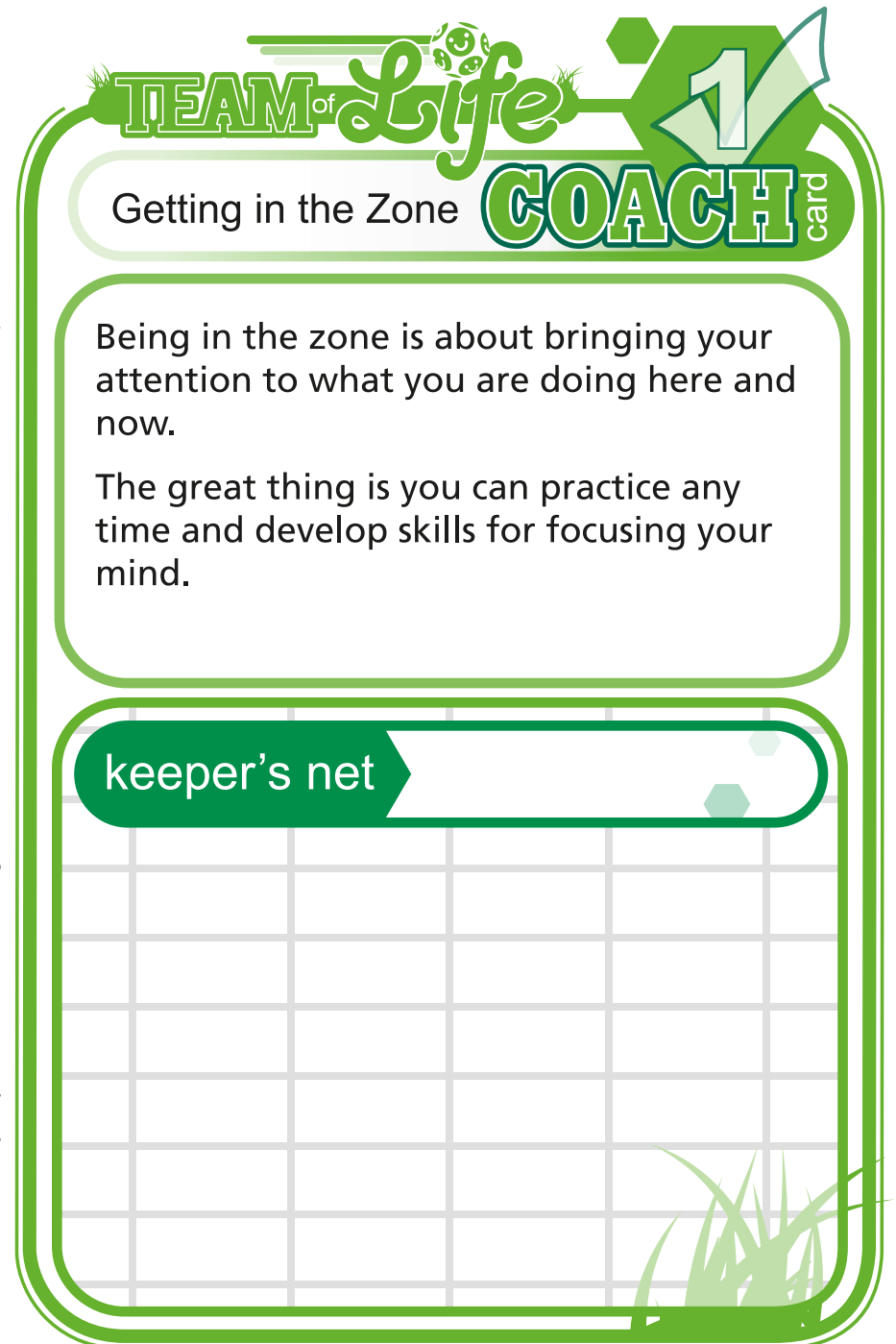
TEAM of Life **1** **COACH** card

Getting in the Zone

Being in the zone is about bringing your attention to what you are doing here and now.

The great thing is you can practice any time and develop skills for focusing your mind.

keeper's net



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