



ELEVIVE

HOW DO YOU KNOW WHEN YOU ARE IN THE RED ZONE?

These Red Flags are indicators that you are in the Red Zone:

- **Emotions** you don't want
- **Physical sensations** you don't want
- **Behaviors** you don't want



WHAT RED FLAGS DO YOU TYPICALLY EXPERIENCES WHEN YOU ARE IN THE RED ZONE?

WRITE OUT THE:

- EMOTIONS

- PHYSICAL SENSATIONS

- BEHAVIORS

Start to be aware of these Red Flags during the course of your day. Then take steps to get out of the Red Zone.