

# The Learning Zone

Optimal learning happens within a 10% margin outside the comfort zone — challenging, but achievable.



**COMFORT ZONE**  
Safe and predictable.  
Routine and low challenge.  
Possible boredom.



**FEAR ZONE (BORDER)**  
Where uncertainty begins.  
Step through with support and guidance.



**LEARNING ZONE (~10% HARDER)**  
Just the right challenge to grow and learn.  
Builds skills, confidence and positive experiences.



**PANIC / DISENGAGEMENT ZONE**  
Too hard. Stress and anxiety occur.  
Learning shuts down.  
Unlikely to progress.

