**Green, Yellow and Red Zone Worksheet**

**Prayerfully identify and record your own personalized green, yellow and red zone indicators:**

* Listen to Spencer’s 10/18/2020 ViComm call, [Called to Thrive](http://bit.ly/ViComm1019).
* Read [Week 12-Member Health Indicators](Week%2012-Member%20Health%20Indicators%2020201013.docx)
* See the sample chart (below) for examples of personalized zone indicators.
* Seek to identify and record your personalized green, yellow and red zone indicators. Consult with trusted family, colleagues and friends as desired.
* Consult [Called to Thrive – Additional Resources](https://drive.google.com/file/d/1ROOkP7a0biVcAO2mbhiwwTvUAeir5NTf/view?usp=sharing) for more information.
* If you are in the yellow or red zone, talk with one of your team leaders for recommended next steps.

**Personalized Green, Yellow and Red Zone Indicators:**

|  |  |  |
| --- | --- | --- |
| Green Zone – Normal | Yellow Zone – Caution | Red Zone – Danger |
| Self-talk | Self-talk | Self-talk |
| Disposition | Disposition | Disposition |
| Relationships | Relationships | Relationships |
| Physical | Physical | Physical |
| Spiritual | Spiritual | Spiritual |

**Sample Red-Yellow-Green Zone Indicators:**

|  |  |  |
| --- | --- | --- |
| Green Zone – Normal | Yellow Zone – Caution | Red Zone – Danger |
| Self-talk   * Able to identify feelings * Acknowledgement that God is in control * Can read and apply scripture to situations * Can express myself to God freely | Self-talk   * Put myself down (e.g. You idiot) * Constantly think through to do list * Rehearse/fixate on negative things * Greater struggles with temptation/thought life | Self-talk   * Self-hatred * Make negative absolute statements about myself * Suicidal thoughts or plans * Overwhelming shame |
| Disposition   * Living from faith not fear * Actively abiding in the vine * Underlying song in my heart * Sense of God’s presence | Disposition   * Pessimistic/feeling down (not sure why) * Overly critical/see things negatively * Lack of interest in things that normally interest me (ministry, topics of discussion) * A feeling that I must make every minute count. * Indecisive/trouble making decisions/no confidence in my decision-making skills * Shut down emotionally (shift on autopilot). No positive or negative feelings. | Disposition   * Depressed * Hopeless * Severely anxious or fearful * Overwhelmed * Thoughts out of control |
| Relationships   * Assume the best of others * Accept people’s stated intentions * Willing to listen to other’s point of view * Content being alone or with others | Relationships   * All business, no time for small talk * Irritated with Interruptions * My interactions with people are focused on finishing a task * Overly sensitive toward other people * Over-reacting to situations | Relationships   * Extreme mistrust without cause * Ongoing unforgiveness * Abusive behavior |
| Physical   * Healthy life balance of exercise, food, sleep, work, rest, etc. | Physical   * Trouble going to sleep or waking up and not being able to get back to sleep * Skip exercise * Tightness in my chest/feeling wound up * Frequent headaches * Nervous twitches | Physical   * Substance misuse * Inability to think clearly * Too much or too little sleep * Unexplained muscle pain |
| Spiritual   * Connected with God * Meditate on God’s word * Able to maintain healthy spiritual disciplines | Spiritual   * Quiet Times are short * Mark a checklist * No reading for spiritual refreshment | Spiritual   * Ongoing disconnect with God – feel God is not listening or won’t answer |