

Free-Flow Zone Assessment

Empowering Leaders and their Teams to
Work and Live in the Zone



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ANNETTE STANTON

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A Note from Annette Stanton

Throughout my champion sporting life, I was always surrounded by great coaches and it made sense to me to do the same for my professional and personal life. I can honestly say that without having powerful coaches and mentors as an independent sounding board, especially during the highs and lows of life and business, I would not have achieved the momentum required to turn my heart's vision in to reality.

During the last 15 years I have had more and more requests from CEOs, Executives and Business Leaders who are looking for greater clarity and insight in to their professional and personal lives.

Behind closed doors, these high-achieving leaders have shared with me how much they have succeeded in their professional and personal life, yet this continuous success seems to be eluding them no matter how hard they persist. They have come to realise that their winning formula in the past is no longer producing the results they desire. They realise that due to today's ever evolving world, they too need to evolve.

For the many people I have worked with, I have seen them evolve and progress very quickly achieving their highest priorities. They have transformed their leadership style instantly changing the way they engage, inspire and lead their teams to greater heights. They have found that the changes they witness within themselves have contributed to the transformation of their business relationships, as well as their personal relationships.

With the fast pace of business life today, leaders are being challenged to consciously evolve, to know who they are, what their mission is, to know their why, what makes them unique and credible, and to know how to authentically connect with people. It can all be quite daunting!

When your professional and personal life becomes a representation of knowing yourself clearly, then this is what creates your champion leadership style as your personal brand. You will live with greater meaning and purposeful success every day.

My mission is to mentor and support you to unleash the champion leader within. To live a powerful life matching your vision, mission, values and goals as a powerful leader in your professional and personal life.

Coming from a national sporting background as a World Masters Champion, I have taken my winning sporting strategies, techniques and formulas, and packaged them in to a cutting edge Champion Leadership Coaching Program.



Free-Flow Zone Program

Are you standing on solid ground or are there areas you would like to focus on building up? Take a look at the 5 pillars in your life and see how your foundation is set up.

1. Personal
2. Career/Business
3. Wellness
4. Leadership (Self/Team)
5. Financial

When you focus on 'being complete' and cleaning up your life in the areas of: personal, business/career, wellness, leadership (self), wealth, you will have more vitality, strength and natural energy.

The top 5 tips to help you get the most out of the Free-Flow Zone Program.

1. Tick the questions in each section if True.
2. This program is purely a tool, not a measure.
3. You can customise this list if any of the questions do not apply to you and replace them with things that do.
4. Do not allow judgement on yourself when scoring – acknowledge the areas you have achieved and choose the areas you would like to clean up first.
5. Give yourself a score out of 100 and start taking actions on the questions you would like to fulfil until you reach a score of 95-100. This process may take as little as 30 days to as long as 18 months. You chose your time frame. You can do it! Use your coach to support you in cleaning up your life. (See Score Total on Page 4)



Personal - Free-Flow Zone

1. I have a clear, written Personal vision.
2. I have clear goals and an action plan to achieve my Personal vision.
3. I do not judge or criticize myself, and others.
4. I surround myself with people who support me.
5. I always wear clothes I feel good in.
6. I know my emotional needs and get them met in a healthy way.
7. I have a clutter-free home and work environment.
8. Every item in my home is a true expression of me.
9. I take one action daily towards achieving my personal goals.
10. I take time out for myself every day.
11. I have clear boundaries and communicate them easily when required.
12. I know my values and live my life according to them.
13. My partner's values are in alignment with my values.
14. I learn from my past experiences and live life fully in the present.
15. I do not gossip or talk about others.
16. I have an abundance mentality.
17. I laugh out aloud regularly.
18. I practice self-love everyday.
19. I have something to look forward to every day.
20. I have told my parents that I love them in the past month.



Career / Business - Free-Flow Zone

1. I have a clear, written Business/Career vision .
2. I have clear goals and an action plan to achieve my Business/Career vision.
3. I acknowledge management/staff members regularly.
4. I plan a 4-day weekend twice a year away from the office for strategic planning.
5. I take daily lunch breaks away from the office.
6. I keep my filing up-to-date weekly.
7. I have a clear sales and marketing plan with monthly targets.
8. My values are in alignment with the business/career I have chosen.
9. All members of management/staff know the company vision and plan.
10. I take 4 days off per quarter to 'catch up' on family things and myself.
11. My computer is backed up regularly.
12. I only attend meetings with a clear agenda.
13. I have a succession plan in place.
14. I consciously choose management/staff based on the company values.
15. I am ethical in my personal and business dealings.
16. I spend quality time with my family and friends.
17. I arrange weekly management/staff meetings with a clear agenda.
18. All management/staff are clear about their roles and responsibilities.
19. The office atmosphere is always clear, fun and productive.
20. I book annual leave in advance and take it.



Wellness - Free-Flow Zone

1. I have a clear, written Wellness vision.
2. I have clear goals and an action plan to achieve my Wellness vision.
3. I have a positive attitude towards myself, and life.
4. I under-promise and over-deliver.
5. I can easily say 'No' to requests that do not serve me.
6. I drink 1-2 litres of water every day.
7. I watch less than 5 hours of television each week.
8. I average 2-3 times per week resistance training (weights).
9. I average 3-4 times per week cardiovascular exercises.
10. I eat healthy balanced meals daily.
11. I take recommended vitamins and minerals daily.
12. I take time out for myself every day.
13. I spend at least 1 hour each week in reflective thought/meditation.
14. I have a weekly schedule that supports my time management with ease.
15. I average my caffeine intake to one cup or less per day
16. I acknowledge myself on a daily basis
17. I practice extreme self-care by sleeping well
18. I take evenings and weekends off to relax
19. I am open and willing to expand, grow and change.
20. I do not compare myself to others.



Leadership - Free-Flow Zone

1. I have a clear, written Leadership vision.
2. I have clear goals and an action plan to achieve my Leadership vision.
3. I consciously choose my words before speaking.
4. I acknowledge 3 people daily.
5. I do not gossip or talk about others.
6. I always take responsibility for my actions.
7. I know my top 4 most important values.
8. I celebrate all my achievements and milestones, no matter how small.
9. I stay present and listen clearly when I am spoken to.
10. I practice 'responding' – not 'reacting'.
11. I plan ahead and am always on time.
12. I have positive self-talk and high esteem.
13. I am always an equal team player in work, family and community.
14. I clearly communicate to everyone in my life.
15. I do not blame others or myself.
16. I express my gratitude daily.
17. I do not judge or criticize myself, and others.
18. I know my top 10 strengths and build on them.
19. I have clear boundaries and always do what is right for me.
20. I attend regular personal/professional development seminars for continued growth.



Financial - Free-Flow Zone

1. I have a clear, written Financial vision that supports my lifestyle now and for the future.
2. I have clear goals and an action plan to achieve my Financial vision.
3. I have a lifestyle financial planner supporting me in achieving my financial goals.
4. I budget my income vs. outgoing expenses monthly and live comfortably.
5. I always pay my accounts on time.
6. I am aware of my limiting beliefs about money and develop new beliefs that support me.
7. I save 10% or more of my income monthly.
8. I invest enough money monthly to support me in reaching financial independence.
9. I have a clear plan and monthly actions to achieve financial security.
10. I have top medical insurance.
11. All my assets are well insured.
12. My investments do not keep me awake at night.
13. I have no 'financial loose ends' at work/home.
14. My earnings consistently outpace inflation.
15. I have an up-to-date Will.
16. I am on a business track/career path that is financially and personally rewarding.
17. I have relationships with people who can assist my career/professional development.
18. I do not have any legal clouds hanging over me.
19. I have 6 months or more living expenses as a reserve.
20. I live well and within my means.



Score Board - Free-Flow Zone

Personal Score

Business/Career Score

Wellness Score

Leadership Score

Financial Score

TOTAL

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Inspiring Leaders and their Teams to Play a Bigger and Stronger Game Kicking Higher Goals



With a national sporting background as a World Masters Champion, Annette Stanton uses the winning sporting strategies, techniques and formulas she gained from being a champion athlete to coach people today in a personal and business capacity. Annette has more than 32 years of experience as a powerful coach. She undertakes executive, business, personal coaching, team coaching and motivational speaker engagements. She is an international speaker specialising in transformational leadership.

Throughout her sporting career Annette identified that when your heart is not in the game, you don't win – even though you may be the better team. She translates this alignment with business success and has developed a program based on her sporting successes to assist people in the business world.

Referred to as the 'game changer', Annette is passionate about showing CEOs, executives and business leaders how to bring on their 'A' game every day so they are consistently leading and inspiring their teams to perform better, become stronger and kick higher goals.

Her winning heart and mindset formula is drawn from her champion sporting successes. She shows her clients how to connect with their business and team, leading from the heart. This is what makes Annette unique and separates her from other coaches.

She is a Master Coach with international accreditation standards recognised by the International Coach Federation. She is also a world-renowned author with her book entitled *The Power of Vision*. At present Annette is in developmental stages with her second book – divulging the inside secrets of a champion sportswoman's formula to winning in business and winning in life, entitled *Unleash the Champion Within*.

The Next Step

If you want to explore the possibility of Annette working with you and/or your team, contact Annette to arrange an appointment to discuss your specific requirements.

Connect with Annette online:



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