

Optimal Zone Quick Check

A tool to notice where you are right now—not to score yourself, just to check in.

What This Is

This isn't a test. There's no right answer. It's just a way to notice where you're drifting before your body forces you to stop.

Most of us don't notice we're out of our regulation window until we're already burned out. This tool helps you catch it earlier.

How to Use This

Read through the prompts below. Notice which ones feel true right now. You don't need to write anything down (unless that helps). Just notice.

If more than 2-3 resonate, you're probably drifting out of your optimal zone.

Some days this will light up more than others—that's information, not a problem.

The Prompts

Energy

- I'm running on fumes, but I can't stop yet
- I feel flat—not sad, just... empty
- I have energy, but it feels wired, not sustainable
- I'm fine right now, but I know I'll crash later

Focus

- My mind is foggy—I'm reading the same sentence three times
- I can't settle on one thing—everything feels urgent
- I'm hyperfocused, but I've lost track of time (and my body)
- I'm avoiding the thing I actually need to do

Body

- My jaw is clenched (or my shoulders are up by my ears)
- I'm hungry but can't be bothered to eat
- I'm exhausted but can't sleep
- I feel restless—like I need to move, but I don't have the energy

Social

- I'm snapping at people (or biting my tongue hard)
- I'm masking so hard my face hurts
- I canceled plans (again) because I just can't
- I'm avoiding messages because I don't have the capacity to respond

Work

- I'm delivering, but it's costing me everything
- I'm behind, and the panic is building
- I'm doing fine, but I don't know how long I can keep this up
- I'm avoiding work entirely (even though I know it'll make things worse)

What to Do With This

If nothing resonated: You're probably in your optimal zone. Keep doing what you're doing.

If 1-2 resonated: You're starting to drift. This is the time to regulate—before it gets harder.

If 3+ resonated: Your window may be narrower right now. Recovery will help more than pushing through.

What “Regulate” Actually Means

It doesn't mean “be more productive” or “try harder.”

It means:

- Eat something (even if it's just a snack)
- Move your body (even if it's just standing up)
- Step away from the screen (even if it's just for 2 minutes)
- Say no to something (even if it feels impossible)

Regulation isn't about performing better. It's about staying in your window so you don't crash.

When to Use This

- **Start of the day:** Before you dive into work
 - **Mid-afternoon:** When energy starts to dip
 - **After a hard meeting:** When you feel off but can't name why
 - **End of the week:** When you're running on empty but pushing through
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A Note on “Optimal Zone”

Your optimal zone isn't about being calm and focused all the time. It's about being regulated enough to notice when you're drifting—and doing something about it before your body forces you to stop.

Some days, your window is wide. Some days, it's narrow. That's not a failure. That's just how nervous systems work.

This tool supports the ZONE Framework: noticing your state, understanding what's driving it, and choosing how to respond.

This tool is part of the ZONE Starter Vault.

For more workplace regulation tools, visit neuroadapt.ai