



Women's Growing Zones

(From Page 23 of the Book)

Zone 1

Baby/child Selfish
"I want to"

World is wide open; no focus

Self-oriented

World exists to serve me

Sense of entitlement

Wildly expanding knowledge and abilities

Use sensory experiences

Open to love from all sources

Yes and no clearly expressed

Feelings are transparent

Developing an identity, a sense of self

It's always my turn

Life lasts forever; death has no meaning

No time limits on life

Zone 2

Adult woman Responsible
"I have to"

Building career and family

Other-oriented

Give my best to others; little personal freedom, many responsibilities

Personal dreams put on hold, buried or forgotten, not a priority

Respond to external demands; many activities to juggle

Focus on head; rational and practical

Love family, friends

Often unsure when, why, or how to say yes and no

Feelings are suppressed or masked

Sense of "self" gets lost or put aside

Will I ever get a turn?

Death is real, but distant

There's always tomorrow

Zone 3

Woman after 50 Purposeful
"I choose to"

World expands again; focused

World or community-oriented

Living an authentic life, using talents, strengths, skills for something meaningful

My dreams are unearthed; I'm serving, contributing my gifts to world or community.

Fewer, but more meaningful, activities and commitments

Follow heart, soul, passions

Love of humanity

Yes and no are tied to my goals and values

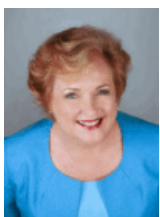
I own my feelings, value myself, live true to my nature

Living my purpose; clear sense of self; freedom to choose

It's my turn again to rekindle my passions and dreams

Death is real and getting closer, but motivating

It's now or never



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