

STRIKE ZONE



THE OPPORTUNITY

Seeking feedback is like opening windows for growth, giving you a glimpse into your impact and closing gaps in self-awareness.

Help people give you useful, constructive feedback by establishing your "strike zone."

THE PROBLEM:

Two Different Responses When You Ask For Feedback:

- People critique everything, like throwing a fastball to your head.
- People give vague feedback, like rolling a lowball to your feet.

Neither extreme feels good or helps you improve. **It's frustrating!**

THE SOLUTION:

CREATE YOUR "FEEDBACK STRIKE ZONE." IT'S A SAFE SPACE TO GET FEEDBACK AND GROW.

THE PROCESS

ESTABLISHING YOUR STRIKE ZONE

- Define the general area you want to develop.
- Pick a specific component that will be your first focus.
- Identify opportunities for the person to observe your behavior
- Ask them to share the impact of your choices on their thoughts/feelings



THE BENEFITS

- ① **QUALITY** → Improves the specificity of feedback
- ② **TIMELINESS** → Gets you what you're ready to use
- ③ **COMFORT** → Helps you prepare for difficult messages

Using a strike zone helps you make rapid progress. Once you've made progress in one area, you can establish a new strike zone and continue to grow.