



Do you work

in this zone? We're not talking Travelcards here. The Underground isn't under discussion. We're talking about 'the zone'—the term sports psychologists use to describe the mental state of athletes at the peak of their performance. It's a feeling of heightened reality, of living totally in the moment. Every decision is easy, every action effortless. You're calm, confident, completely focused. To tennis players, the ball seems as big as a basketball. To basketball players, it's the size of a beach ball. In this state of mind, all things seem possible. And the world—not just the boundaries of the London transport system — is your oyster ●

Make the most of now.



vodafone