

those doubts go and embrace our golden focus, which rivets us totally to what we are engaged in *and nothing else*. The key that opens the door to great performances is freeing the mind and body to enter the gold zone and stay there for the whole performance—every performing second.

The balance of green and gold allows us to become the best we can be in our work or performance domain while continuing to bring purity, joyfulness, and harmony to the rest of life. If we focus only on gold, at the very best we are living only half a life. To live fully we must respect and embrace both halves of life.

Living Is Now

The moment we are living is the only moment we will ever be able to live *right now*. So we might as well live it fully. A moment we fail to live is gone forever. Embracing life is choosing to embrace each moment, absorbing ourselves in it and finding something positive in it. It is a perspective we can choose or ignore. The advantage of choosing to live each moment is that we free ourselves to truly live our experiences, find joy in the different parts of life, and embrace ongoing growth. The implications of choosing to live with a positive and absorbing perspective reach far beyond any particular experience or performance domain. The choice touches the core itself of life.

We are responsible for finding a sense of joy and balance in our lives. We are the only ones who can embrace situations and perspectives that free us to feel good about ourselves and our pursuits. Without taking this responsibility we cannot live or perform to our true potentials. We must accept responsibility for ourselves. The quality of our lives and performances depends upon it.

The purest path to quality living and performance lies in a spirit of balance. Balance is finding beauty, passion, and meaning in the different loves of our lives. It is living those loves every day—in our relationships, workplace or performance domain, nature, sport, dance, and with the unfolding of simple daily experiences. Balance is respecting our twin needs for achievement and relaxation, work and play, giving and receiving, intimacy and personal space.

Balance is not a question of spending equal time with the different loves in our lives, but rather what we do with our time and how we focus in different domains. Balance is a question of carrying a