

# Where do you spend most of your day/night?

<b>White</b>	Unprepared and unready to take action.
<b>Yellow</b>	Prepared, alert & relaxed. Good situational awareness.
<b>Orange</b>	Alert to probable danger. Ready to take action.
<b>Red</b>	Action Mode. Focused on the emergency at hand.
<b>Black</b>	Panic. Breakdown of physical & mental performance.

**Hint: When not in tactical operations or real world threat, living in the orange → black tends to limit life's enjoyment, quality sleep, and being in the present moment.**