



Comfort Zones

Date:

You can learn and grow at an accelerated rate by achieving things outside of your comfort zone. By continually expanding your comfort zone you will uncover new possibilities that you couldn't even fathom in the past.

Keep in mind that new possibilities will impact what you think you want out of life. This means that each time you break through your comfort zone you need to be flexible and keep an open mind as to what is next based on the new knowledge you now possess.

List 10 things that are 100% within your comfort zone.

List 10 things that are 100% outside of your comfort zone.

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Which, of the 10 things you listed as outside of your comfort zone would you be/do/have in your life if anything is possible?

What baby steps would you need to take to make each thing (listed above) happen now?

What insights about yourself can you take from this exercise?
