*It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult.* ***Seneca***

**INTRODUCTION:**

When in our comfort zone we're on auto-pilot. We may feel confident, relaxed, secure, snug even—it's an easy place to be. The question is, have you outstayed your welcome? Answer the questions below to find out.

**Answer these questions briefly, before you score yourself below:**

1. When was the last time you tried something new? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. How much are you learning and growing right now? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Do you feel you're doing too much - or not enough? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. When was the last time you took a risk? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Do you feel like it's time for a shift - or a change? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**So, where are you on the "Comfort Continuum"?**

Use your gut-feeling to put an X on the line to represent how comfortable you feel in your life right now:

**-5 0 +5**

**Uncomfortable Comfortable Asleep**



**Does where you are on the "Comfort Continuum" serve you and your goals?**

Do you need time in your comfort zone to rest and recharge? Are you just right, or are you heading towards Snoozeville?

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*Life begins at the end of your comfort zone.* ***Neale Donald Walsch***

**What have you been putting off because it makes you uncomfortable?**

These are unique to you. Ideas could be to create "me" time, make a difficult phone call, update your resume, take a vacation, make a decision that supports you but disappoints someone else, start a new hobby/activity or let go of a habit, role or anything else that no longer serves you. Write your actions in the space below & be as specific as you can:

**Action 1** Something you can do **now!** (right away or by the end of today) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Action 2** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­\_\_\_\_\_\_\_\_\_ By when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Action 3** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ By when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Remember that discomfort simply means you're learning—and growing!*