



***Take a moment to think about how you view change and doing new things (are you comfortable with change, do you try and avoid it) and what your comfort zones are. Answer the following questions in the space provided.***

What are three examples of your comfort zones (*e.g., not interacting with new people, staying at home etc.*)?

- 1.
- 2.
- 3.

What keeps you from moving outside of your comfort zones?

Describe a time when you did something new and challenging. Why did you do it? What was the outcome/reward?

Explain a situation in which you feel you would benefit from pushing past your comfort zone. What is stopping you from doing this? What is the potential gain from doing this?

Write down something outside of your comfort zone that you can commit to doing in the next week.