

Are You Too Comfortable?

Objective

To take action to move out of your comfort zone into the courage zone – and even your panic zone!

What to Know

When you are in your comfort zone, you tend to feel at ease, confident, relaxed – and comfortable! It is often a pleasant place to be, and you might find it acceptable to stay there indefinitely. You do need time in your comfort zone to rest and reboot, but are you recharging, or simply remaining comfortable because you are afraid to extend yourself or take risks? Have you stayed in your comfort zone too long?

What to Do

First, answer the following questions.

How comfortable are you with your life? Rank your comfort level from 1 to 10, where 1 = I'm not at all comfortable, 5 = I feel perfectly balanced between taking risks and feeling comfortable, to 10 = I'm so comfortable I feel bored and unmotivated: _____

Are you happy with this ranking? _____ Explain. _____

When was the last time you tried something new? _____

What did you do? _____

When was the last time you took a risk? _____

What did you do? _____

How did it turn out? _____

Do you think you are currently learning, growing, and expanding? Why or why not?

Do you think you are doing too much – busy to the point of being stressed out; or too little – feeling bored with your life? _____

What can you change or do differently? Explain.

Is it time for a change? Why or why not? Explain.

On the next page, there is a diagram. The very middle is labeled “comfort zone” and this is where you feel relaxed, at ease, and confident. For example, one choice that might be in your comfort zone is engaging in the exact same routine every evening after work.

Just outside that zone is the “courage zone.” This area is a little bit uncomfortable. For example, your courage zone might include attending a networking event and introducing yourself to five people you have never met.

Outside the courage zone is the “panic zone.” This zone is quite uncomfortable, and you might go the extra mile to *avoid* doing activities in this zone. For example, you may enter the panic zone if you are asked to prepare an hour-long speech for the networking event!

In the comfort and courage zones, write down **five** activities that fall under those categories. Then, in the panic zone, write down **ten** activities that you are afraid to do but you know they will impact your life in positive ways.

After you finish filling in the “zones,” think about what actions you can take to move out of your comfort zone, into your courage zone, and perhaps even into your panic zone. What have you been putting off? It might be anything from making a phone call to updating your resume and applying for your dream job. Be specific.

What is one action you can take **right now**? _____

2nd action _____ By (date): _____

3rd action _____ By (date): _____

4th action _____ By (date): _____



Panic Zone

Courage Zone

Comfort Zone