

Name:

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Date:

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# The Zones

In the diagram below, fill in your comfort zone with some things that are very familiar to you. They should be things that are virtually risk free and feel safe and secure. Then think about things that require some risk or challenge, like meeting new friends. Write those in your Courage Zone area. These things involve adventure, uncertainty, pressure, change, or the possibility of failure. The Courage Zone is also the place to go for opportunity and the only place in which you'll ever reach your full potential. You'll never reach it by hanging out in your comfort zone.

