

## 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.

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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?

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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.

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

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On the next page, there is a diagram entitled Activity Zones for you to complete.

The very middle is labelled “**comfort zone**” and this is where you feel relaxed, at ease, and confident. This is otherwise known as the realm of current existence. *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 (or stretch) zone.**” This area is a little bit uncomfortable. In other words, these activities may feel a little awkward or unfamiliar. *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 (or Stress) zone.**” This zone is quite uncomfortable, and you might go the extra mile to **avoid doing activities** in this zone. These things for you, are so far beyond your experience it is overwhelming, and you may get stressed just thinking about them. *For example, you may enter the panic zone if you are asked to prepare an hour-long speech for the networking event!*

### What to do

In the comfort and courage zones, write down **five** activities that fall under each of those two 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.

### Come back to the following exercise once you have completed the next page

Now you have completed 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.

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What is one action you can take right now? \_\_\_\_\_

2nd action \_\_\_\_\_ By (date): \_\_\_\_\_

3rd action \_\_\_\_\_ By (date): \_\_\_\_\_

4th action \_\_\_\_\_ By (date): \_\_\_\_\_

If there are things in your panic zone, you know will impact your life in a positive way, discuss this in your next coaching session. Remember, where there is a will there is a way.

## Activity Zones

