

Are You Sitting Too Comfortably?

When we are in our comfort zone, we are on auto pilot.

We may feel confident, relaxed, secure, and maybe even smug. It is easy to want to stay in our comfort zone. The question to ask yourself now is, have you overstayed your welcome? Is it time to step out of your comfort zone?

Answer the questions below to find out.

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

Where are you on the comfort continuum?

Uncomfortable * Comfortable *Asleep

Does where you are at on the comfort continuum serve you and your goals? How is it serving you? How is it holding you back?

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

What actions will you take? It could be anything, examples include making “me” time, making a difficult phone call, making a decision that supports you but may disappoint others, letting go of unhealthy habits, taking a vacation or starting a new activity or hobby.

Write your actions below in the space provided and be as specific as possible. (Use more paper if necessary)

Something you can do RIGHT now or by the end of the day.

1st Action. _____

2nd Action. _____

3rd Action. _____

Remember!

Your discomfort is a sign of you growing.

Try to embrace any discomfort!