

Are You Sitting Too Comfortably?

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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? Answer the questions below.

Reflection Questions

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 on the comfort continuum serve you and your goals?

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

What actions will you take? Be as specific as possible — something you can do RIGHT now.

1st Action. _____

2nd Action. _____

3rd Action. _____