

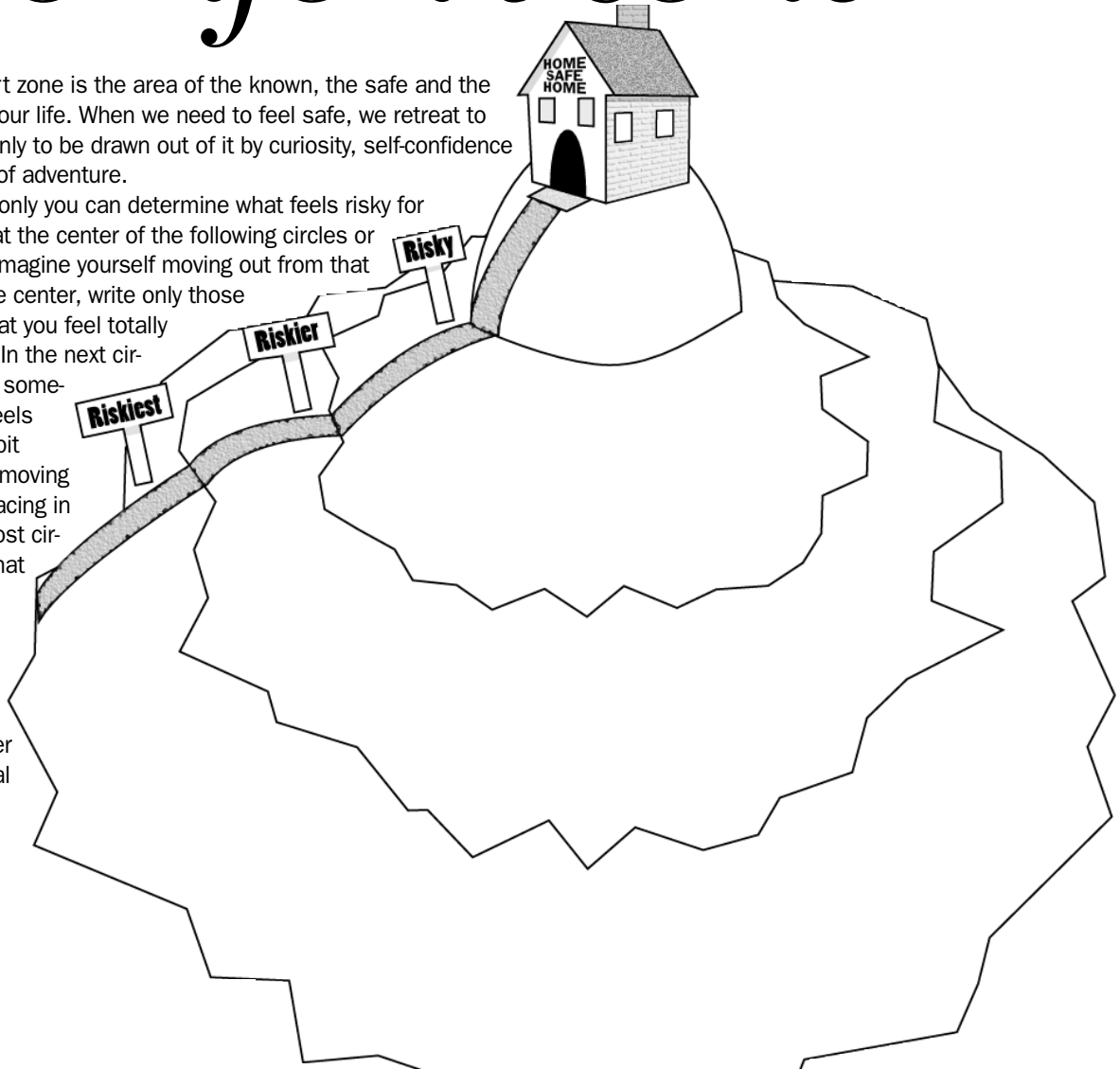


Stepping Out of the...

Comfort Zone

Your comfort zone is the area of the known, the safe and the familiar in your life. When we need to feel safe, we retreat to this zone, only to be drawn out of it by curiosity, self-confidence or a sense of adventure.

Because only you can determine what feels risky for you, begin at the center of the following circles or zones and imagine yourself moving out from that place. In the center, write only those activities that you feel totally safe doing. In the next circle, write in something that feels just a little bit risky. Keep moving outward, placing in the outermost circle things that are so risky you would probably never do them except under very unusual circumstances:



<p>When is the last time you stepped out of the comfort zone?</p>	<p>Are you planning to step out again soon?</p> <p>How?</p>	<p>Comfort zones grow and shrink with your self-confidence and sense of security. How might this picture have been different six months ago?</p>	<p>What about six months from now?</p>
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