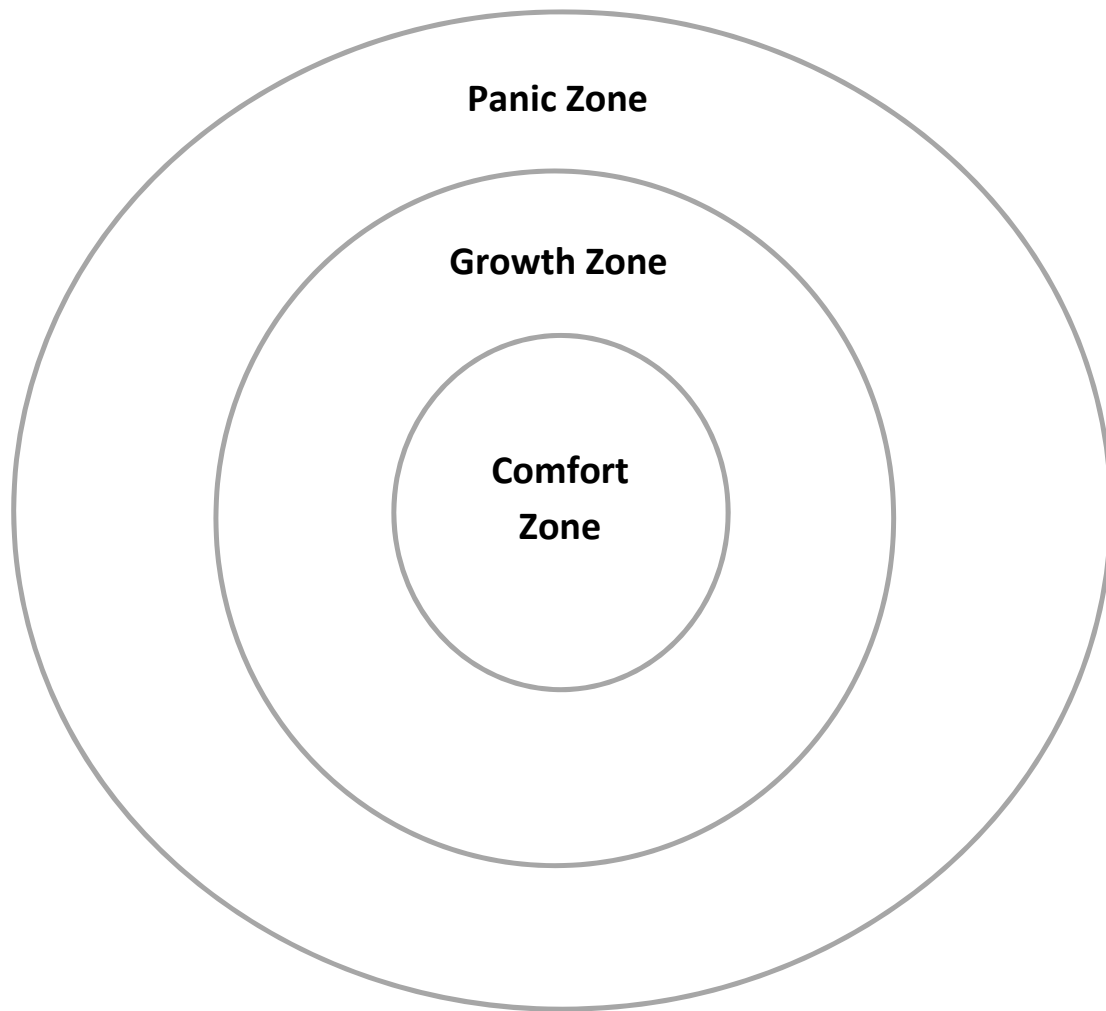


# Comfort Zone Target



1. **Comfort Zone** – The comfort zone is where many of us operate. It's the location of the skills and abilities we've already built up. We can't make progress or learn something new in this zone.
2. **Growth Zone** - The skills and abilities that are just out of reach are in the growth zone. We can only learn and progress by choosing to do activities in this zone.
3. **Panic Zone** – Activities in the panic zone are far beyond our reach and likely to harm and discourage us. Like the comfort zone we can't make progress in the panic zone.

# Comfort Zone Target

Add the numbers of the following activities and situations to the different zones onto your comfort zone target.

Remember everybody's comfort zone is different so there's no need to worry about anyone else's.

1)
2)
3)
4)
5)
6)
7)
8)

*"Life begins at the end of your comfort zone"* - Neale Walsh

