Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COMFORT ZONE

COURAGE ZONE

**COMFORT ZONE VS COURAGE ZONE**

Think of 5 activities that fall within your Comfort Zone. Write these in the Comfort Zone circle. Now think of 2 activities that made you feel uncomfortable but you made yourself do it. Write these in the Courage Zone. Then write 3 activities that you want to try in the Courage Zone Circle as well.