

# Are You Sitting (Too) Comfortably?

## INTRODUCTION:

When in our comfort zone we're on auto-pilot. We may feel confident, relaxed, secure, snug even - it's an easy place to be. The question is, have you outstayed your welcome? Answer the questions below to find out.

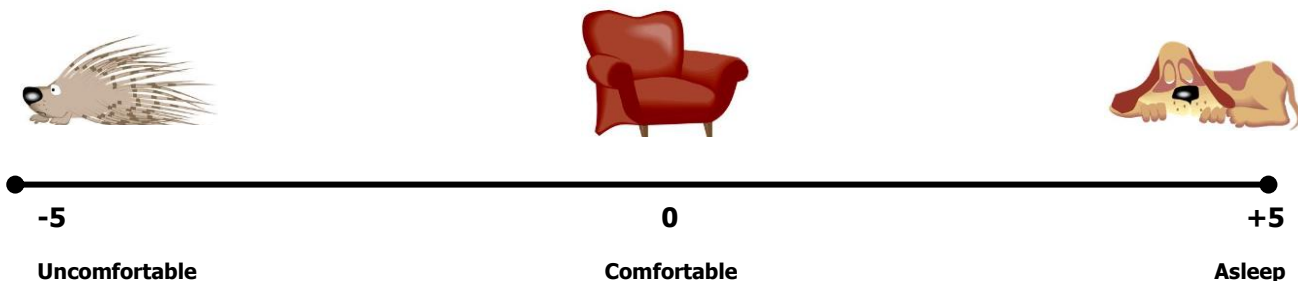
*"It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult." Seneca*

## Answer these questions briefly, before you score yourself below:

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

## So, where are you on the "Comfort Continuum"?

Use your gut-feeling to put an X on the line to represent how comfortable you are in your life right now:



## Does where you are on the "Comfort Continuum" serve you and your goals?

Do you need time in your comfort zone to rest and recharge? Are you just right? Or are you heading towards Snoozeville?

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*"Life begins at the end of your comfort zone." Neale Donald Walsch*

## What have you been putting off doing because it makes you uncomfortable? What actions will you take?

It could be anything. Examples include creating necessary "me" time, making a difficult phone call, updating your resume, taking a vacation, making a decision that supports you but disappoints someone else, starting a new hobby or activity - or letting go of a habit, activity, role, job or something else that no longer serves you. Simply write your actions in the space below, being as specific as you can:

**1<sup>st</sup> Action** Something you can do **Now!** (right away or by the end of today) \_\_\_\_\_

**2<sup>nd</sup> Action** \_\_\_\_\_ By when \_\_\_\_\_

**3<sup>rd</sup> Action** \_\_\_\_\_ By when \_\_\_\_\_

**Remember that discomfort simply means you're learning - and growing!**