

# Personal Reflection Exercises...

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I know that great things await me! ***My destiny lies in going out to meet it rather than sitting around waiting for something to happen.*** Therefore, I bravely step outside my comfort zone to embrace it wholeheartedly!

Staying inside my comfort zone is safe. But then again, so is staying inside my house and never venturing forth to live my life. In the same way, trying to stay inside my comfort zone can stifle me and prevent me from living a fulfilled life.

***I take action every day to step outside my comfort zone.*** Sometimes I explore a new place, sometimes I learn something new, and sometimes I go out of my way to meet new people.

In exploring these adventures, I am able to discover talents I never knew I had and strengthen my skills. They bring the richness of new cultures and new ideas to challenge my old ways of thinking.

***Each time I step outside my comfort zone it becomes easier to do it again.***

It does not take long to get used to it and I find that the benefits of doing so far outweigh the risks.

What are a few uncomfortable feelings compared to the excitement of conquering new horizons and living life to its fullest? I take life by the horns and ride it for all it's worth!

Today, my plan is to be bold so I can step outside my comfort zone and find the adventures of my destiny!

### **Self-Reflection Questions:**

1. Do I feel the pull of destiny encouraging me to step outside my comfort zone?
2. What can I do to be more at ease in pursuing new adventures?
3. What benefits have I received from taking bold action?