

Personal Reflection Exercises...

I seek to expand my comfort zone daily.



I seek to expand my comfort zone daily.

I let go of any fears or inhibitions I might have about stepping outside my comfort zone. ***I think of life as a great adventure*** and I know that, if I want to fully experience life, I must expand my horizons.

Venturing outside my comfort zone is like going outside my house. Inside my home, I know I am safe and comfortable. Once I go outside that door, I don't know whom I am destined to meet or what I will experience.

I feel the same way about my comfort zone. However, staying inside it would be much too confining and I would miss the whole world of opportunities that exist outside my comfort zone. So I look forward to the chance to venture out whenever possible!

Each day I purposely find opportunities to expand my comfort zone, even in my everyday routines. I find new routes to and from work. I try new restaurants and experience the cuisine of multiple cultures. I experiment with new hobbies and explore new horizons in my travels.

Living these little adventures every day enables me to feel more comfortable

when I want to try something totally foreign to my own world of experiences. Also, when I try new things, I am able to enjoy some great new benefits!

Today, I intend to take advantage of all opportunities to try new experiences that come my way.

Self-Reflection Questions:

1. Do I let my fears keep me from enjoying new opportunities?
2. What activities can I do each day to expand my comfort zone?
3. What great new adventures can I plan for in the near future?