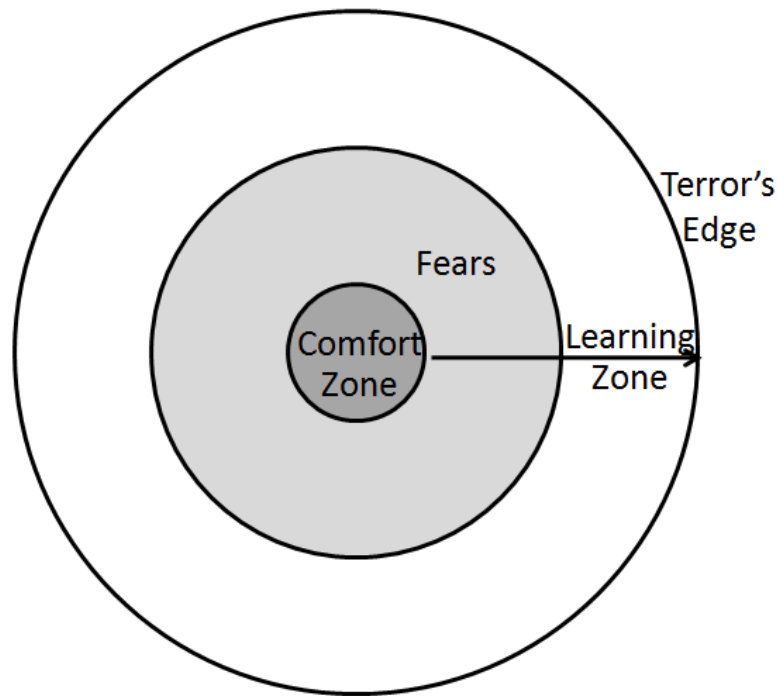


## Expand Your Comfort Zone



By expanding our comfort zone, we increase “area” for living, we expand the venues, activities & people with which we feel comfortable.

When we are outside of our comfort zone – we are facing challenges, fear, uncertainty, unknowns.

When we are “too far” outside of our comfort zone, we approach “terror’s edge” – extreme discomfort and fear, to the point of paralysis.

### Questions:

- How can you stretch and grow your comfort zone daily?
- What supports you in pushing through discomfort and into learning?