Find excuses

Scary

Uncontrolled

Unsafe

New Safe

New secure

New easy

Understanding

Increased self-confidence

Knowledge

Manage fears

Goal-setting

Living life

Purpose

Less anxious

Exciting

Increased confidence

New skills

Challenge

What do *I* think?

Sense of pride

Brave

Lacking confidence

What will others think/say?

Easy

Safe

Controlled

Secure

**Growth Zone**

**Fear Zone**

**Learning Zone**

**Comfort Zone**