

## WORKSHEET

# 7-DAY DISCOMFORT CHALLENGE

*“Courage is not the absence of fear. Courage is fear walking.” — Brené Brown*

Over the next week, you'll face small moments of discomfort to build resilience, confidence, and a greater sense of freedom from avoidance. These exercises are designed to help you expand your comfort zone, tackle limiting fears, and show yourself just how capable you are.

### Step 1: Choose your daily discomfort challenges

Each day, pick one challenge that pushes you outside your comfort zone. Adjust the challenge difficulty to something manageable but still a little uncomfortable and aim for a variety of activities that target different areas of discomfort, from social interactions to personal habits. Here's a list of ideas to inspire you, but feel free to add your own.

#### Challenge ideas:

- Social discomforts:
  - *Strike up a conversation with a stranger.*
  - *Raise your hand or speak up in a meeting/class.*
  - *Give someone a genuine compliment.*
  - *Ask for a favor or say "no" to a request you don't want to fulfill.*
  - *Share an opinion, even if it's unpopular.*
  - *Ask someone for constructive feedback.*
  - *Invite someone to hang out, even if you feel nervous about it.*
- Personal growth discomforts:
  - *Set your alarm 30 minutes earlier and get up immediately.*
  - *Start a new hobby you've been interested in but avoided.*
  - *Face a task you've been procrastinating on.*
  - *Exercise even if you don't feel like it.*
  - *Limit your screen time and spend some quiet time alone.*
- Physical discomforts:
  - *Take an ice-cold shower.*
  - *Try a new form of exercise or workout.*
  - *Walk or bike instead of taking the car or public transportation.*
  - *Practice sitting in silence without distractions for 5–10 minutes.*
  - *Eat a new or unfamiliar food.*
  - *Stretch or try a yoga pose you find challenging.*

## Step 2: Design your 7-day discomfort challenge

Choose up to seven discomfort challenges from the list above (or add your own ideas). Each day, complete the worksheet below by choosing one specific challenge, outlining how you'll confront it, and describing the benefit you expect from facing this discomfort.

### Example:

- **Challenge:** Take an ice-cold shower.
- **How I'll confront it:** I'll set a timer for 30 seconds and focus on deep breathing to get through it.
- **How I'll benefit:** I'll feel energized, and it'll remind me that I can handle physical discomfort.

### Day 1: Which discomfort will you face?

*How will you face it?*

*How will you benefit from facing this discomfort?*

### Day 2: Which discomfort will you face?

*How will you face it?*

*How will you benefit from facing this discomfort?*

### Day 3: Which discomfort will you face?

*How will you face it?*

*How will you benefit from facing this discomfort?*

### Day 4: Which discomfort will you face?

*How will you face it?*

*How will you benefit from facing this discomfort?*

### Day 5: Which discomfort will you face?

*How will you face it?*

*How will you benefit from facing this discomfort?*

### Day 6: Which discomfort will you face?

*How will you face it?*

*How will you benefit from facing this discomfort?*

### Day 7: Which discomfort will you face?

*How will you face it?*

*How will you benefit from facing this discomfort?*

### **Step 3: Reflect on your experience**

At the end of the week, take a few minutes to reflect on your progress. How did facing daily discomfort impact your confidence, perspective, or energy? Which challenges were most meaningful, and how might you continue to build your "discomfort tolerance"?

#### **Keep going!**

Feel free to repeat the 7-day challenge with new tasks each week, or choose larger challenges as you become more comfortable. Each step you take strengthens your ability to face and grow from discomfort, helping you create a life filled with growth, resilience, and fulfillment.