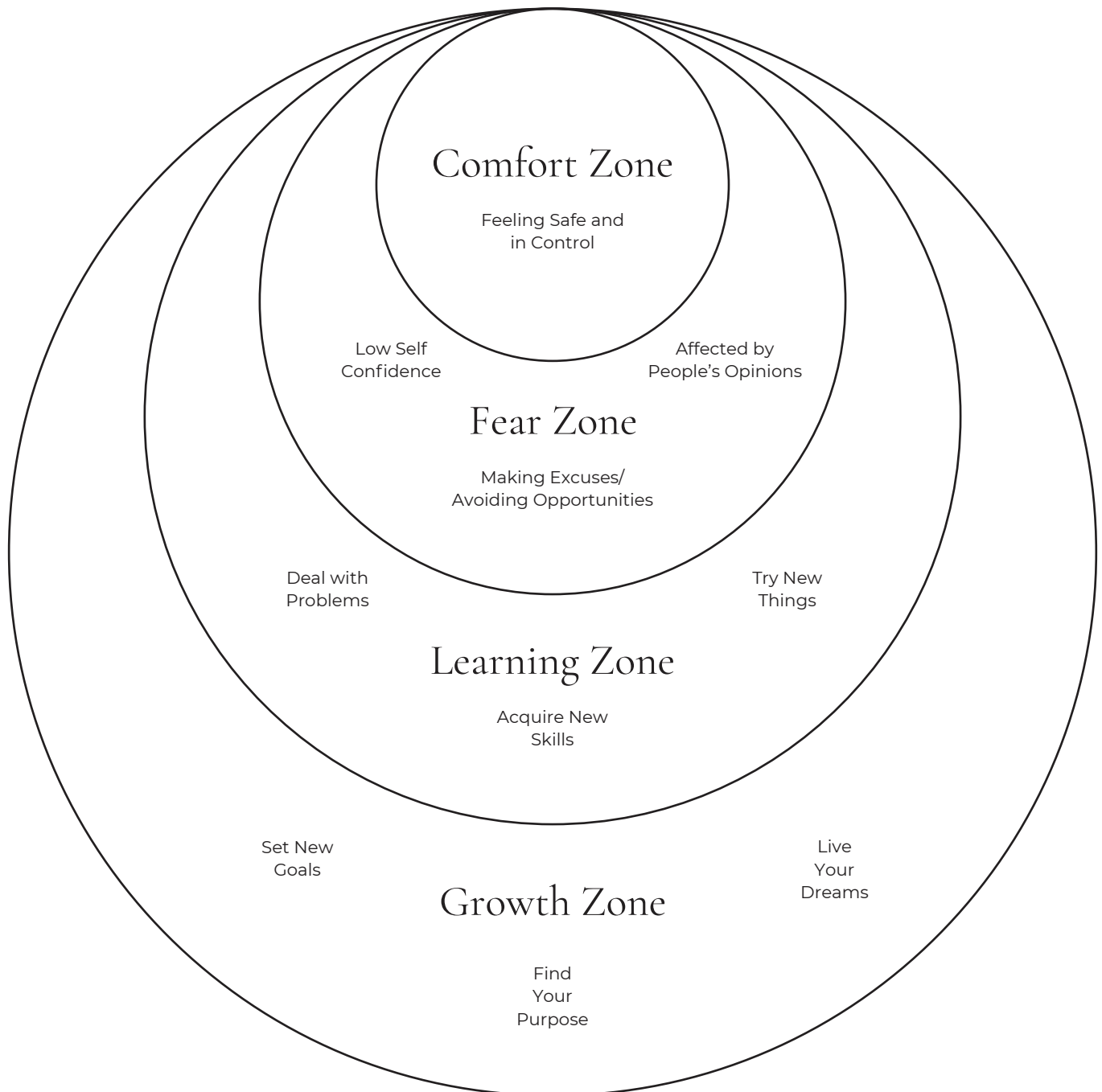


Escaping Comfort Zone

01/02

How Does it Work?

The goal of this worksheet is to identify the obstacles that are holding you back from achieving your goals. It will help you identify the restrictive zones you live in the most and how to escape them. Use the next page to identify you obstacles and what you can do to overcome them.



Escaping Comfort Zone

02/02

What are your biggest fears and the things you know you should do put off constantly?

01

How can you re-frame/overcome the fears and obstacles you outlined in the previous question?

02

What new things can you try to solve your problems or overcome your fears?

03

What kind of things will you be missing out if you only stay in your comfort & fear zone?
How will your life look like in one to ten years?

04

How will your life look like in one to ten years time when you decide to venture out in the learning and growth zone?

05