

## ADVENTURING OUT OF YOUR COMFORT ZONE

“You can never leave footprints that last if you are always walking on tiptoes.”

~ *Leymah Gbowee, Activist*

One of the best ways to grow in confidence—and walk firmly ahead on the path meant for you—is to get out of your comfort zone and try new things. Pick three things you want to try over the next few weeks and reflect on your experiences. Here are some questions to use as you reflect on your experiences. You can also answer these questions in a notebook or journal if you want to continue trying and reflecting on new experiences beyond the three here.

1. New Experience: \_\_\_\_\_

Have you ever tried something similar in the past? How did that prepare you for this new experience?

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How did you feel during the experience?

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Answer any or all these questions after completing the experience: Looking back, how do you feel about the experience? What was the hardest/scariest/most uncomfortable part? How did you overcome or confront those initial negative reactions? What was your favorite part of the experience? Would you do it again?

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2. New Experience: \_\_\_\_\_

Have you ever tried something similar in the past? How did that prepare you for this new experience?

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How did you feel during the experience?

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Answer any or all these questions after completing the experience: Looking back, how do you feel about the experience? What was the hardest/scariest/most uncomfortable part? How did you overcome or confront those initial negative reactions? What was your favorite part of the experience? Would you do it again?

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3. New Experience: \_\_\_\_\_

Have you ever tried something similar in the past? How did that prepare you for this new experience?

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How did you feel during the experience?

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Answer any or all these questions after completing the experience: Looking back, how do you feel about the experience? What was the hardest/scariest/most uncomfortable part? How did you overcome or confront those initial negative reactions? What was your favorite part of the experience? Would you do it again?

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