



## ARE YOU SITTING (TOO) COMFORTABLY?

### Are you TOO comfortable?

When we are in our comfort zone we feel confident and at ease, often feeling relaxed, snug even – and that can be a very pleasant place to be. The question is, have you overstayed your welcome?

ANSWER THESE QUESTIONS BRIEFLY, BEFORE YOU SCORE YOURSELF BELOW:

1. When was the last time you tried something new?
2. How much are you learning and growing right now?
3. Do you feel you're doing too much - or not enough?
4. When was the last time you took a risk?
5. Do you feel like it's time for a shift - or a change?

### So, where are you on the “Comfort Continuum?”

Now, simply put an X on the line to represent how comfortable you are in your life right now:



-5  
Uncomfortable



0  
Comfortable



+5  
Asleep

**Now, as you look at where you are on the comfort continuum, is this where you want to be?**

We need some time in our comfort zones to rest, but are you recharging or heading towards Snoozeville?

**Finally, what actions will you take to get moving?** Think especially about things you have been putting off doing – perhaps because they leave you feeling uncomfortable! This could be anything from making that phone call, updating your resume to taking an exotic vacation or starting a new hobby or activity. Simply write your actions in the space below - and be as specific as you can!

1 <sup>st</sup> Action:	Something you can do <b>Now!</b> (right away or by the end of today):
2 <sup>nd</sup> Action:	By when:
3 <sup>rd</sup> Action:	By when:

**Good for you! Now doesn't that feel exciting?**