

worksheet: leaving your comfort zone

WHATEVER LITTLE MOMENTS OF INSECURITY life throws your way are opportunities to find joy in the unknown. As a warm-up, create a list of experiences you've considered but never tried—and actually try them. After that, you'll be in the right mind-set to take an even bigger leap and explore possibilities you hadn't considered before.

my warm-up list for leaving the comfort zone

try

see

taste

listen to

visit

start

stop

organize

read

play

learn