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# 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?

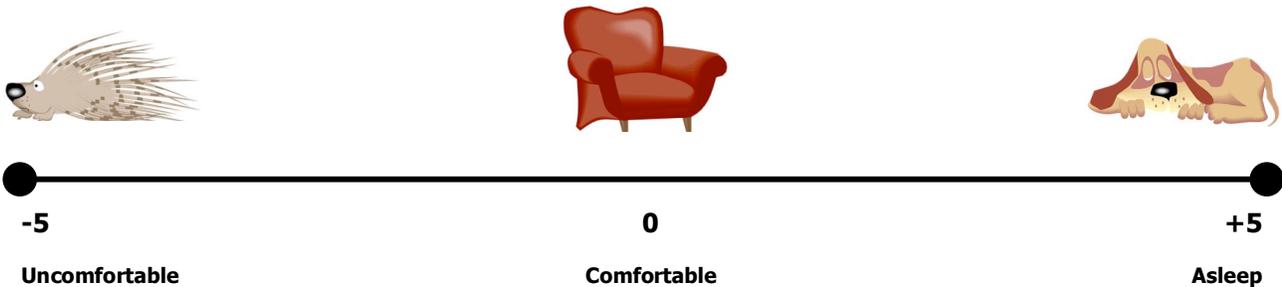
*"You can't grow without discomfort because all growth requires change. Change means things will be different - and when things are different we need to adapt and learn. So, when you feel uncomfortable it simply means you are growing. Celebrate!" Emma-Louise Elsey*

**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:



**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?

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**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 **Now!** (right away or by the end of today) \_\_\_\_\_

2<sup>nd</sup> Action \_\_\_\_\_ By when \_\_\_\_\_

3<sup>rd</sup> Action \_\_\_\_\_ By when \_\_\_\_\_