



CHAPTER 2.1

# THE REAL COMFORT ZONE

TJ GUTTORMSEN

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## 2.1: COMFORT ZONE

Explain, in your own words, the three different zones:

The Comfort Zone:

The Growth Zone:

The Panic Zone:

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## 2.1: COMFORT ZONE

What are the 5 Growth Steps?

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## 2.1: COMFORT ZONE

How do you move a box with too many heavy things in it?

Explain how that metaphor is useful for creating new skills:

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## 2.1: COMFORT ZONE TASK:

Which skill or area of life will you be focusing on?

What are the 5 Growth Steps for it?