



Comfort Zone

Your comfort zone is where you feel safe, comfortable, relaxed and calm.

But, nothing grows in a Comfort Zone. Things stay pretty much the same. The way to learn, grow and create is by stepping outside the comfort zone.

Write down 4 things that might be in your comfort zone (e.g. watching TV, play Xbox etc)

1.

2.

3.

4.

Courage Space

Your courage space is where you need to show some courage and resolve. It makes you a bit nervous.

Every person will have different things in their Courage Space.

Write down 4 things that might be in your courage space

1.

2.

3.

4.

Danger Zone

Your danger zone are the things that make you scared or terrified. It's not a good place to be too often! Every person will have different things in their Danger Zone. Some people might love rock climbing, whilst it would be scary for other.

Write down 4 things that might be in your danger zone

1.

2.

3.

4.