



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 rate yourself below:

1. When was the last time you tried something new? _____
2. How much are you learning or growing right now? _____
3. Do you feel as though you are 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 change?

So, where are you on the “**Comfort Continuum**”? Add an X on the line below.



-5 Uncomfortable

0-Comfortable

5-Asleep

As you look at where you are on the continuum, is this where you want to be? We all need time to relax and reset, but are you recharging, or headed towards Snoozeville and being stuck?

Finally, what actions will you take to get moving? Think especially about things that 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 scheduling a vacation or starting a new hobby or activity. Write your actions below, and be as specific as possible!

Action 1 (to be done TODAY): _____

Action 2: _____ By When? _____

Action 3: _____ By When? _____

Contact us:

thirdeyefamilysolutions@gmail.com * 385-347-0805 * www.thirdeyefamilysolutions.com

151 East 5600 South, Suite 210, Murray UT 84107