

Thriving Outside Your Comfort Zone

Your comfort zone is neutral. Time to put it in gear.

A zone-mapping worksheet based on Chapter 11

FROM CHAPTER 11 • PAGE 38

“We fear change because of our known past, not because of our unknown future.”

— Chris Masiello

How to use this worksheet:

1. Map your zones — mark where you're living in each area.
2. Name what autonomy, mastery, or purpose is being starved.
3. Design one deliberate stretch and make contact this week.

Comfort, stretch, or panic — where are you?

The chapter's core tool: "comfort is in the center circle, stretch is in the middle, and panic is in the outer circle." (p. 37)

Comfort is familiar and safe — "the area where we learn the least." The stretch zone challenges us "in a productive way."

The panic zone is "like learning on steroids." (pp. 37–38)



Mark an X on the map for each area of life — which zone are you living in?

CAREER

comfort / stretch / panic — why?

HEALTH

comfort / stretch / panic — why?

RELATIONSHIPS

comfort / stretch / panic — why?

GROWTH

comfort / stretch / panic — why?

- 01** "People are intrinsically motivated by autonomy, mastery, and purpose." (p. 36) In the area that matters most right now, which of the three is your comfort zone starving?

- 02** Which zone actually holds the thing you want most — and what does that tell you about staying comfortable?

Design your way out of neutral.

“Our comfort zone is like being in neutral. It’s not a speed and isn’t getting us anywhere, neither forward nor backward.”
(p. 38) This page is the gearshift.

STEP 1 — The stretch: one thing just outside your comfort zone

Within your “natural elasticity” (p. 38) — a stretch, not a panic.

STEP 2 — The known past: what earlier experience is your fear actually pointing at?

“We associate the future with past events that maybe haven’t gone the way we wanted them to, and that’s where we get trapped.” (p. 38)

STEP 3 — First contact: the smallest action that puts you in the stretch zone — and when, exactly

STEP 4 — The bridge: what you already know that carries you into the new

“We can see the bridge from what we know to this new circumstance, allowing us to learn.” (p. 38)

Did you leave neutral this week?

“No one ever accomplished anything while being comfortable... if you’re still stuck in neutral, you’re guaranteed to start rolling backward.” (p. 39)

Contact 1 — what I did, and what it taught me

Contact 2 — what I did, and what it taught me

Contact 3 — what I did, and what it taught me

02 Did the stretch start to feel familiar? That’s your capacity changing — “a mind that is stretched by new experiences can never go back to its old dimension.” (p. 36, citing Oliver Wendell Holmes)

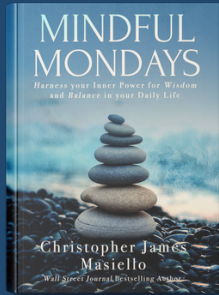
FROM THE CHAPTER • KEY POINTS (P. 39)

1. Staying in our comfort zone is like being in neutral; when we’re there, we’re not moving forward or backward.
2. Staying in comfort zones is dangerous because our minds start to atrophy.
3. We learn and develop the most when we are in our stretch and panic zones.

KEEP GROWING

This is Chapter 11. There are 41 more.

Each chapter of Mindful Mondays comes with a video and a practice tool like this one. Work through them at your own pace — one Monday at a time.



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