LIVING WITH POSSIBILITY

COMPLIMENTARY WORKSHEET

EPISODE 2 COURAGE ON A MISSION

2.1 Get Comfortable in Your Growth Zone

After listening to podcast #2 in this series, COURAGE ON A MISSION, this download sets out a challenge for you: how to move from your comfort zone to your growth zone. Identifying some barriers will help you to move forward with a sense of courage by beginning an effective To-Do list.

The analogy used in the podcast was that of being ‘stuck’ between two islands. ‘You are here...but you want to be over there’. The very thing that is separating you from your aspirations is like the water separating the islands. It is fear of the unknown and staying in your comfort zone. However, there is a small boat nestled in the cove that can carry you to the other island but doubt and indecision anchor your dreams. Once you realise what the so called ‘anchor’ is in your life (as in fear of failure, past experiences, social judgements, ridicule or procrastination) this is the moment when you can jump into that ‘boat’ and courage will keep you rowing until you reach your dream island – your new growth zone

**TIP:** Make a plan and courage follows! Your aspirations become a reality when you put them into an action plan.

TASK 1: Identify an aspiration with something blocking your progress.

Q: What is a dream situation you’d like to reach for in this present moment?

A:

Q: Be honest, what is really holding back this dream. List some of your feelings.

A:

Q: Now write 3 things that are within your control that will nudge you closer to this dream.

A: I can 1)....................................2)....................................3).....................................

Courage on a Mission Writes a To-Do List!

When you want to open to the bigger picture of your life’s aspirations, the best way to create positive change is to be proactive. Begin by making a daily or weekly To-Do list. This has 4 main advantages. A To-Do list helps you to:

* stay focused if you are easily distracted
* makes you more efficient by following the list
* motivates you out of procrastination
* keeps you organised so you are less likely to forget the plan.

**TIP:** To be effective, your thoughts and desires need to be followed by energy and action. Whether you hit or miss your desired target or goal, it is being in your growth zone that matters most because this is where other opportunities exist to expand your horizons.

TASK 2: To create a prioritized To-Do list.

1: Recall that dream situation you wanted to achieve a moment ago.

2: Write down 5-7 actionable things you will need to do this week as you keep the dream goal front of mind.

3: Now prioritise your tasks placing the more doable ones at the top.

**TIP:** When you can tick the steps off one by one, it boosts your confidence by setting your week up to succeed rather than feeling you are back at square one, or on island one.

Any small action means you have begun to move out of your comfort zone and are ready to take the next steps in your growth zone, which is SETTING ACHIEVABLE GOALS.

To help you with this activity, there are more details on the next download worksheets.

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Created by Maribel Steel 2019 www.maribelsteel.com