

## “BEYOND THE COMFORT ZONE”

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**Instructions:** *Take a few minutes to reflect on and respond to the following questions.*

1. What do each of these zones look like for me personally in the context of this program/experience?
  - a. Comfort Zone:
  - b. Learning Zone:
  - c. Panic Zone:
2. How can each of the following help me get in the learning zone?
  - a. The instructor/leader/facilitator?
  - b. My peers—the other participants?
  - c. What can I do to get *myself* into the learning zone?