

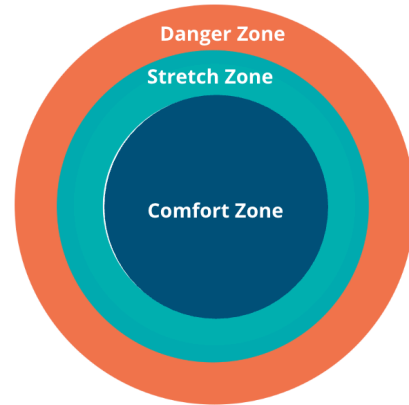


COMFORT → STRETCH → PANIC MAP

Where growth happens.

Why this matters

Growth does not happen in your comfort zone.
It also does not happen in your danger zone.
It happens in your stretch zone!



Do Now

Comfort Zone What feels easy and familiar right now?	
Stretch Zone What is one small action this week that feels slightly uncomfortable and doable?	
Panic Zone What would be too much and shut you down?	

Choose one stretch action this week.

CREATING

CONFIDENCE

CONNECTION

JOY

