Activity 4 Comfort Zone Map **Time: 15 minutes**

Three circles: Comfort (inner) = easy. Stretch (middle) = uncomfortable but doable. Panic (outer) = paralyzing right now.

COMFORT ZONE (I do this easily) • _____ • _____ • _____	STRETCH ZONE (Uncomfortable but manageable) • _____ • _____ • _____	PANIC ZONE (Paralyzing right now) • _____ • _____ • _____

One thing I'll move from Stretch to Comfort this month:

THE COMEBACK DECLARATION 'Just because I lost today doesn't mean I've lost forever. I am not my setback. I am my comeback. The dragon won a battle, but I'm winning the war. Tomorrow, I fight smarter.' Signed: _____ Date: _____

Level 6 Checkpoint — Answer before moving to Level 7:

1. What dragon has held me back the longest?

2. What would be possible if this dragon had no power?

3. Which weapon am I not using that I need to pick up?

4. Who can help me in this battle?

5. Am I ready to stop negotiating with my limitations?