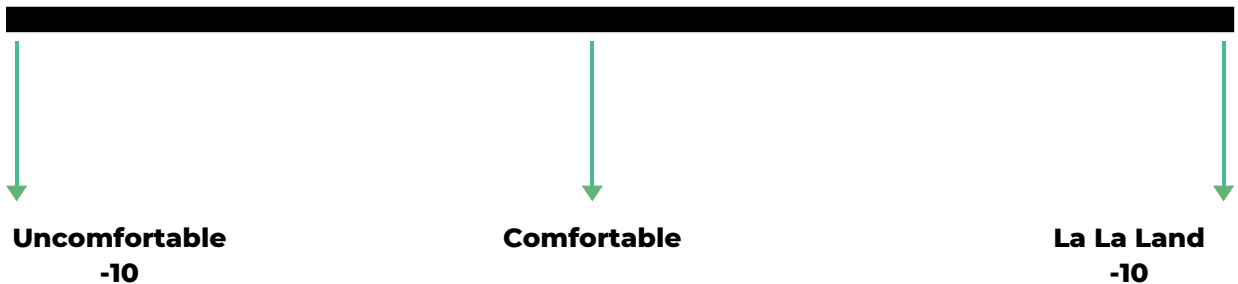
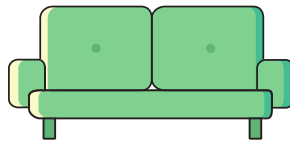


Are You Sitting Too Comfortable?

Overstaying your welcome in your comfort zone can slow your progress down. This worksheet will help you identify the stagnant places in your life.

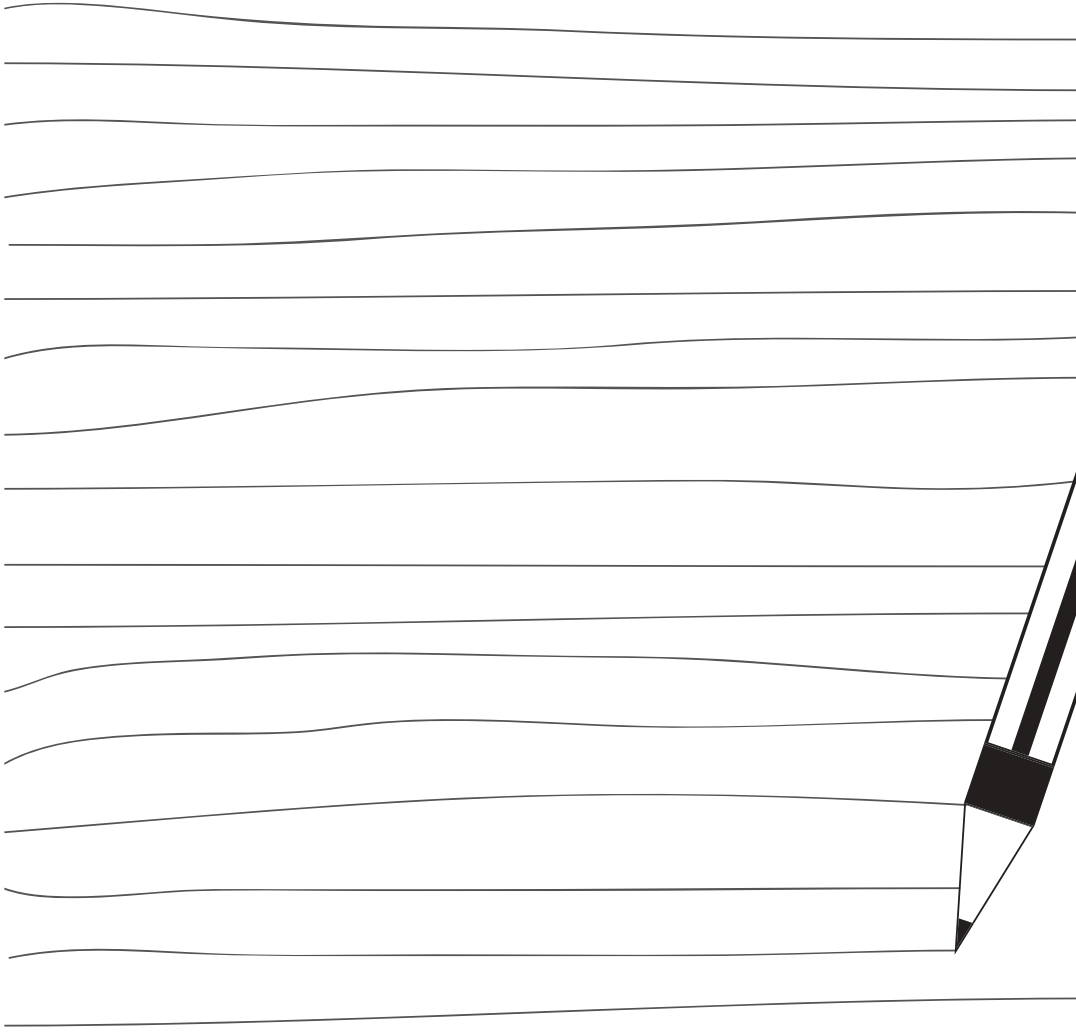
**Answer the questions below before you score yourself.
Please review the scoring rubric.**

1. When was the last time you tried something new?
2. Do you feel like you're maturing emotionally, mentally and spiritually?
3. Do you feel like you are doing too much or not enough?
4. When was the last time you took a risk?
5. Do you feel like you have sabotaged your own progress?
6. Do you feel like it's time for a shift or transition in your life?
7. How many books do you read per month?
8. What challenges you mentally?



Where are you on the comfortable scale? Circle the option that best suits you.

Are you headed towards recharging or La La land?

A series of horizontal lines for writing, with a pencil icon at the bottom right.

Action Plan

Think about your habits of procrastination. Write out 4 action items to break out of your place of comfortable and thrust yourself into productivity.

- 1.
- 2.
- 3.
- 4.