

**STEPPING OUT OF YOUR COMFORT ZONE**

Your comfort zone is where you don't feel stressed and don't need to take risks – being there feels very comfortable and safe. However, sometimes it's important to set yourself new goals and learn new things. Doing this can help you become more self-aware, and feel more sure about yourself and your abilities.



1 Look at the two teenagers. Which do you identify with most? Why?

\_\_\_\_\_

2 Complete the definitions with the words in the box.

challenge comfort zone committed  
disappointed progress risk

- someone who works hard to achieve something \_\_\_\_\_
- the idea that you are getting better at something \_\_\_\_\_
- a situation in which you feel happy and relaxed \_\_\_\_\_
- unhappy because something that you wanted did not happen \_\_\_\_\_
- something that is difficult and needs a lot of skill and/or hard work to achieve \_\_\_\_\_
- the possibility that something bad could happen \_\_\_\_\_

3 Look at the article from a magazine. Match statements 1–5 with reasons A–E.



**Five reasons why stepping out of your comfort zone is good for you**

- A You'll be more successful:** A lot of famous and successful people go out of their comfort zone.
- B You will learn something new.** Doing the same thing again and again can be boring. Learn something new and you'll become a more interesting person!
- C Being confident isn't easy,** but taking risks and trying new things is a great way to become more confident.
- D It can be scary,** but you'll feel satisfied and happy if you try something new. If you like it, great! And if you don't, you know you tried.
- E If not, you'll regret it.** A lot of people regret not taking risks – don't be one of them!

- You could feel good. \_\_\_\_
- Others have done this and got their reward. \_\_\_\_
- New things can make you interesting. \_\_\_\_
- Don't be like others who didn't do what they wanted. \_\_\_\_
- It can be difficult to believe in yourself. \_\_\_\_

4 Do the quiz on page 79. Are you mainly A, B or C?

5 Read the quiz again. Match answers A–C with personality types 1–3.

- You are too ambitious, think more carefully before agreeing to do something. \_\_\_\_
- You are always in your comfort zone, maybe you need to be more ambitious. \_\_\_\_
- You are cautious, but you know that you need to step out of your comfort zone. \_\_\_\_

6 Do you think the questionnaire is correct about you? Why/Why not?

\_\_\_\_\_

7 Think of three things you could do to step out of your comfort zone. Explain why it would be difficult or scary, and how it could benefit you if you did it.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Are you a risk-taker or happy in your comfort zone?**



**Answer the questions to find out!**

1 Your teacher gives a free extra class in computer science after school. What do you do?

- A You don't do it; you already have a lot of work.
- B Find out more about the course first and ask your friends what they think about it.
- C You agree to do the course – who knows, it could be interesting and fun!

2 You had your first piano lesson and it was very difficult. What do you do?

- A You stop the classes; music was never your favourite subject.
- B You talk to your teacher about how long it will take to get better, then decide if you will continue the lessons.
- C You won't stop until you become good at it, so you spend all your time and energy practising.

3 You see an advert for a Chinese language class, and your best friend wants you to go with him/her.

- A You don't go. It sounds like too much hard work!
- B You think about it. It's a useful language, but what if it's too difficult?
- C You agree immediately – it could be fun and it's always good to learn something new!

4 A classmate is ill and asks you to do his/her presentation in class.

- A Disaster! You say no – you're not prepared and you really don't like speaking in front of a group.
- B You don't really like giving presentations, but you say you'll try. You need to know what the topic is first.
- C You say yes. How hard can it be?