



How to Feel Happy: Finding Your Comfort Zone

How to Feel Happy:
Finding Your Comfort Zone
Are you TOO comfortable?

When we are in our comfort zone we feel confident and at ease, often feeling relaxed, snug even - and that can be a very pleasant place to be. The question is: have you overstayed your welcome?

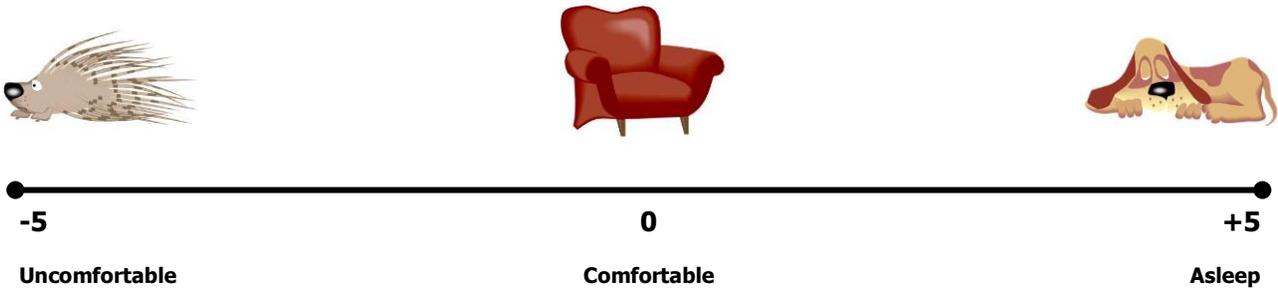
"You can't grow without discomfort because all growth requires change. Change means things will be different - and when things are different we need to adapt and learn. So, when you feel uncomfortable it simply means you are growing. Celebrate!" **Emma-Louise Elsey**

Answer these questions briefly, before you score yourself below:

1. When was the last time you tried something new?
2. How much are you learning and growing right now?
3. Do you feel you're doing too much - or not enough?
4. When was the last time you took a risk?
5. Do you feel like it's time for a shift - or a change?

So, where are you on the How to Feel Happy: Comfort Continuum?

Now, simply put an X on the line to represent how comfortable you are in your life right now:



Now, as you look at where you are on the comfort continuum, is this where you want to be? We need some time in our comfort zones to rest, but are you recharging or heading towards Snoozeville?

.....

"Even if you're on the right track, you'll get run over if you just sit there." **James Allen**

"Life begins at the end of your comfort zone." **Neale Donald Walsch**

How to Feel Happy: Finding Your Comfort Zone—making a promise to yourself.

Finally, what actions will you take to get moving? Think especially about things you have been putting off doing - perhaps because they leave you feeling uncomfortable! This could be anything from making that phone call, updating your resume to taking an exotic vacation or starting a new hobby or activity. Simply write your actions in the space below - and be as specific as you can!

1st Action: Something you can do **now!** (Right away or by the end of today) _____

2nd Action: _____ by when _____

3rd Action: _____ by when _____

Way to go, I'm proud of you! Now doesn't that feel exciting?