



**Expanding Your Comfort Zone**  
*Section 1: Defining Your Comfort Zone*

*"We shall have no better conditions in the future if we are satisfied with all those which we have at present."*

~ Thomas Edison

Coaching Questions:

- What defines your comfort zone?

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- What are some goals, desires and dreams that presently live in your uncomfortable zone?

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- What might be preventing you from "going through it" and expanding your comfort zone?

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- How would your life change if you were to expand your comfort zone and fulfill on some of your goals, dreams and desires?

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