



Expanding Your Comfort Zone
Section 2: Motivation For Action

"We cannot become what we want to be by remaining what we are."

~ Max DePree

Coaching Questions:

- What motivates you to take action and expand your comfort zone?

- What is the "Why" worthy of your life?

- What have you chosen to motivate you to expand your comfort zone?
What is its source, pain or inspiration?

- What goal have you chosen to focus on as you take a leap of faith?

- What actions will you have to take to fulfill your goal?

- What discomfort will you choose to accept?

- How will you be required to become solution focused?

- Where will you have to give up perfection?
