



**Expanding Your Comfort Zone**  
*Section 3: Staying Hungry*

*"The only person you are destined to become is the person you decide to be."*

~ Ralph Waldo Emerson

**Coaching Questions:**

- Create 10 Goals in the following areas:

**Relationships:**

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**Business:**

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**Personal Growth:**

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**Health & Fitness:**

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**Money:**

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Travel & Recreation:

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Contribution & Community:

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Fun:

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- What is your top goal in each area?

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- How will you fulfill on your top goal in each area?

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- How will it feel to achieve each top goal?

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