

GROWTH ZONE EXERCISE

This worksheet is based on the principles of the **Comfort Zone model***, which is designed to demonstrate the stages a person can go through to achieve growth. The idea is that moving out of your comfort zone to other zones, although challenging, can lead to personal growth, enhanced wellness and overall development. We should only attempt to move into new zones if/when we feel this is right for us as individuals.

*Developed by Lev Vygotsky; adapted by Tom Senninger and other professionals

Looking at each of the zones, where do you feel you are currently in your health & wellness? (Circle the Zone(s) that apply)

Comfort Zone

Fear Zone

Learning Zone

Growth Zone

Do you feel a desire to move out of your current zone? What is your “why”?

What objectives or goals would you like to achieve, that will result in a move into a different zone? For example, joining a Maintenance Program for continued education, support, community and accountability.

