"The Comfort Zone"

Find purpose

Deal with challenges and problem

Lack of self-confidence

Live dreams

COMFORT ZONE

Feel safe and in control

FEAR ZONE

Find excuses

Be affected by others' opinions

LEARNING ZONE

Acquire new skills

GROWTH ZONE

Set new goals

Extend your comfort zone

Conquer objectives

Smashing Out Of The Comfort Zone

Eva Hoffman, Martin Hoffman

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