# "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**

**Ahmed Musa** 

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