

**[1] Before We Start...**

What is a "comfort zone"?

**[2] Definitions:**

shun

scary

persist

rewarded

countless

out there

bold

venture out

familiar territory

fresh perspectives

hesitation

you will even....

apprehensive

in the first place

make it a habit

a delightful treat

**[3] Watch the presentation****[4] Read the text**

## COMFORT ZONE

To move ahead, you must not shun going beyond what is familiar and comfortable. The more you go outside your comfort zone the easier it becomes, and after a while your comfort zone will have enlarged and you will have grown as a person. The bigger you become, the more possibilities that open up for you in your life.

Stepping out of one's comfort zone might be scary in the beginning, but if you persist, you will be rewarded in ways you can't even imagine. And, along the way you may even find leaving your comfort zone to be thrilling.

There are countless worlds waiting to be explored by you: new people, regions, positions, things, concepts, ways of living and more. Until you take that step outside, you'll never know all the merits and value that's out there.

Be bold and take that step. Venturing out of familiar territory will bring fresh perspectives and situations. Once you take action, any hesitation you had will disappear and you will even wonder why you were apprehensive in the first place.

Make it a habit to regularly step away from worlds that you know too well. You will be in for a delightful treat.

**Think about:** Why are people often afraid of the unknown?

**[5] Circle True or False (answers may be personal):**

- Leaving your comfort zone usually makes you bigger. [ *true / false* ]
- Some people always try to leave their comfort zone. [ *true / false* ].
- It's better to stay small and safe in familiar territory. [ *true / false* ]
- Once someone takes action, the second time is often easier. [ *true / false* ]
- It's important to step away from worlds that you know too well. [ *true / false* ]

**[6] Listen and fill in the blanks:**

There is \_\_\_\_\_ to be lived in every single day. There is \_\_\_\_\_ to be lived in every single \_\_\_\_\_. Choose to be someone who \_\_\_\_\_ on things. Choose to be that person who sees the potential \_\_\_\_\_ everything. Bring that value to life! Now is the time to \_\_\_\_\_ for your thoughts. Let go of being the \_\_\_\_\_, feeling resentment, \_\_\_\_\_ over the unfairness of life.

**[7] Individual Task**

If you can, at *least* once a year, how about stepping out of your comfort zone? Think for a few minutes and then write one or two things you might try soon:

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**TODAY'S ASSIGNMENT****In pairs or in a small group, answer or do the following:**

1. Imagine a friend who stepped out of his or her comfort zone and came back "damaged". What will you say to him or her?

2. Write some original sentences that include the phrase "out there". The sentences must be about this topic (comfort zone) or this university.

3. Write about a time in your life when you left your comfort zone.

Situation or Reason	What happened (good or bad thing)?
<i>I moved away from my hometown alone to attend this university.</i>	

**STUDENT NAMES & CLASS NUMBERS:**