

UNDERSTANDING COMFORT ZONES



**THE
REBELLION**

UNDERSTANDING COMFORT ZONES



Known Zone

- **Familiarity:** You have done it multiple times and can execute it without significant thought or effort.
- **Ease:** It feels natural, routine, and doesn't demand much energy or focus.
- **Mastery:** You can teach or guide others, serving as a point of reference or authority.
- **Low Resistance:** Minimal hesitation or internal resistance when approaching the task.
- **Predictability:** Outcomes are generally as expected.

Ambition Zone

- **Growth-Oriented:** It challenges your current skills, mindset, or emotional capacity, requiring focus and intention.
- **Resistance:** There's a tendency to deprioritize, procrastinate, or avoid.
- **Stretch Zone:** It sits outside your comfort zone but is still within reach, offering an opportunity for growth and learning.
- **Point of Reference:** Someone in your network or field has done it, providing a guide or model to follow.
- **Emotional Response:** It may trigger feelings of doubt, fear, or excitement, signaling its potential to expand your boundaries.

Potential Zone

- **No Precedent:** There is no personal or direct reference for achieving it, even within a degree or two of separation.
- **Knowledge Gap:** It requires extensive research, learning, or skill-building before it becomes actionable.
- **Capacity Shift:** Demands a reallocation of energy, time, or resources to make space for pursuit.
- **Reframing Required:** It feels unattainable within your current mindset or belief system and requires a fundamental shift to even begin.
- **Innovation and Collaboration:** Often needs new approaches, tools, or input from others to redefine what is "possible."