

COMFORT ZONE CHALLENGE GOAL CHART

INSTRUCTIONS:

- 1. Choose ONE goal that is **outside of your comfort zone**, but achievable in roughly one week. Examples include joining a new group or club, reading a book outside of your typical genre, or mentoring a peer or classmate. Make sure the goal is something you would **NOT** typically do.
- 2. Pick a goal organizer and fill it in.
- 3. Write a response to the reflection question in the space provided.
- 4. Save as a PDF and submit in the assignment.

WRITE YOUR 1-WEEK GOAL BELOW.

(example "I am going to attend 1 meeting for a new club and volunteer for a task during the meeting")

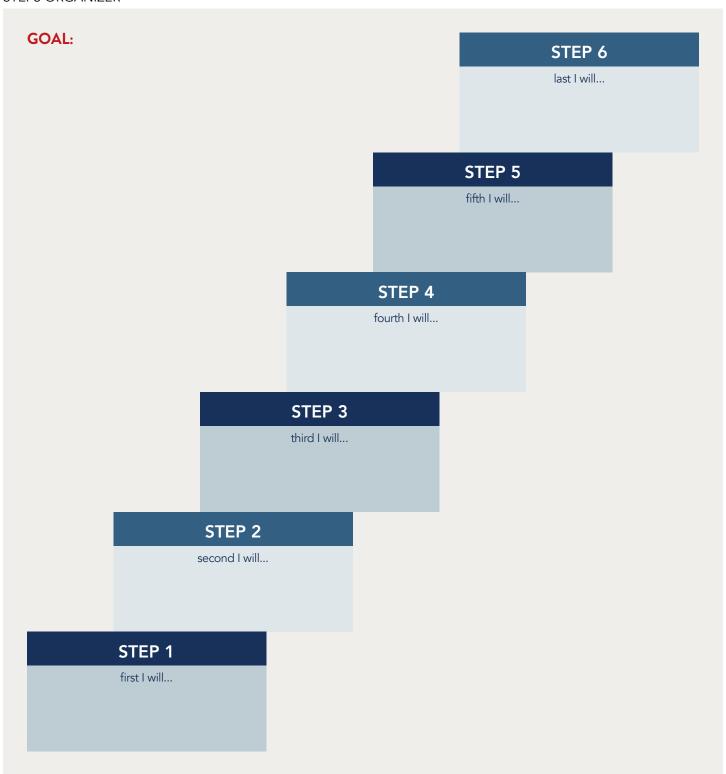
CHOOSE ONE OF THE COMFORT ZONE CHALLENGE GOAL ORGANIZERS on the following pages and fill it out. Break your goal into small pieces with one task to complete each day (calendar organizer) or in specific steps (steps organizer).

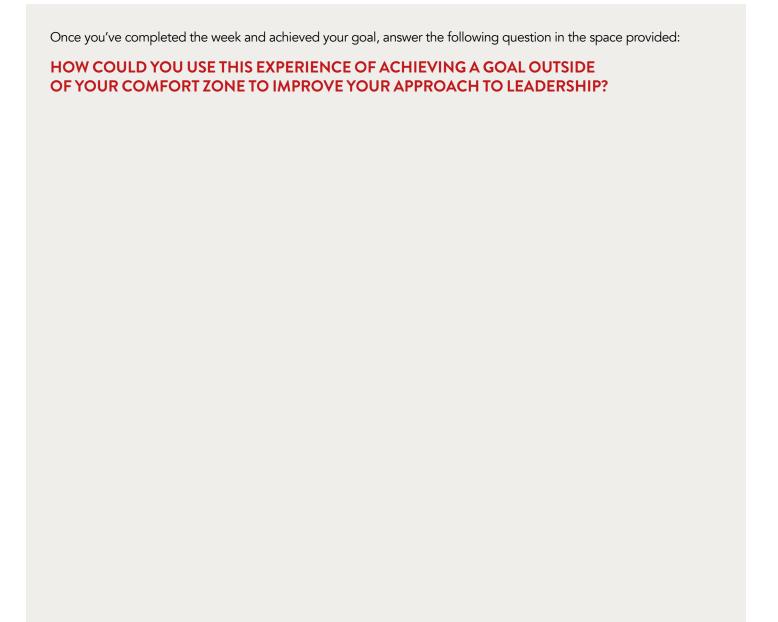
CALENDAR ORGANIZER

GOAL FOR THE WEEK:

SUNDAY	today I will
MONDAY	today I will
TUESDAY	today I will
WEDNESDAY	today I will
THURSDAY	today I will
FRIDAY	today I will
SATURDAY	today I will

STEPS ORGANIZER





Be sure to save this document as a PDF and submit to the **Comfort Zone Challenge** assignment.