

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #41: STEP OUTSIDE OF YOUR COMFORT ZONE!



"If you never did, you should. These things are fun and fun is good." - Dr. Seuss

Dr. Seuss is encouraging us to try things that are new to us. When we step outside of our comfort zones we may discover new favorite things, foods, places, the options are endless. When we step out of our comfort zones we are making a promise to ourselves to try new things even when we feel apprehensive.

Courage is defined as the ability to do something even with fear present. Sometimes trying new things can be intimidating or uncomfortable because we are so used to our typical activities. Each day is a new gift and a new opportunity to try unique and fun things. Even if we are home there is still room for new adventures, we must use our courage and imaginations to do this.

Practice Courage Today:



1. MAKE A LIST OF THINGS YOU HAVE BEEN WANTING TO DO.
2. IF THIS IS DIFFICULT AT FIRST IT CAN BE SOMETHING AS SIMPLE AS WATCHING AN ACTION MOVIE INSTEAD OF A COMEDY OR TRYING A NEW VEGETABLE.
3. INITIATE ANY ACTION YOU NEED IN ORDER TO ACCOMPLISH THIS, FOR EXAMPLE YOU MAY NEED TO LOOK UP NEW RECIPES OR READ REVIEWS OF NEW MOVIES.
4. PICK A TIME TO TRY THIS NEW THING.
5. AFTER YOU'RE DONE, REFLECT ON HOW IT FELT TO DO THIS NEW THING AND WHY YOU'RE HAPPY YOU DECIDED TO DO THIS NEW THING.

Parent Practice Tip:

Your child may be hesitant to try something new. Use an example of a time your or someone you know tried something new and had positive results in order to model this to your child and increase their willingness to try something new.

To Learn More:

What is Courage?

Ideas of New things to try

Why is stepping out of your comfort zone important?

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