

**Career Development:**  
**On the Edge of your Comfort Zone**

Youthlight

Positive “risk- taking” for future success

Quote: “Life begins on the edge of your comfort zone”

-Anonymous

A comfort zone is described as a place or situation where one feels safe or at ease and without stress. Dictionary.com

Reflection: What are positive advantages of a comfort zone?

- Confidence
- Rejuvenating
- Limits anxious feelings
- Familiarity

**REFLECTION QUESTIONS:**

Is it important to have a comfort zone?

What can happen if someone never wants to leave their comfort zone?

What is a risk?

Risks can be both positive and negative. What is a positive risk?

**Negative risks** can be hurtful to your health and safety (and the health and safety of others).

**Positive risks** can benefit us and others, it can also help us explore life and experiences beyond our comfort zone.

Examples:

- Trying a more accelerated class in school
- Participating in a new sport or activity
- Learning a new language
- Getting to know classmates beyond your “friend circle”

**SAIL OUT OF YOUR COMFORT ZONE WITH POSITIVITY:**

Directions: Read through the following list and place a check-mark in front of the activity you would consider a positive risk that you would consider trying.

- \_\_\_ Sing with a choir at school or in the community
- \_\_\_ Give a speech in front of your entire class
- \_\_\_ Participate in a podcast
- \_\_\_ Assist a classmate who is being bullied or harassed
- \_\_\_ Try a sport that is new to you
- \_\_\_ Consider attending a private school
- \_\_\_ Learning a new language and having a discussion with a native speaker
- \_\_\_ Participate in a play (live or virtual)
- \_\_\_ Consider trying a new haircut or clothing choice

## **Comfort Zones and our Future**

When we think about our future success, how much positive risk should we take?

When you think about what interests you have, can you think about careers and opportunities that may stretch your comfort zone?

### **Examples:**

I like recycling and care for the environment.

- Forester
- Agricultural food specialist
- Biochemist

I like shopping.

- A buyer for a major department store
- Style Specialist
- Marketing professional

I like Math

- Economist
- Statistician
- Computer Programmer

**When thinking toward your future, think about sailing out of your Comfort Zone**