



Exercise 4 - Getting out of your comfort zone

If you have been in analysis paralysis, then it may be because you have been doing too much thinking and not enough doing! Our experience working with relaunchers has taught us that 'action' is required so we need to start building up this action muscle as soon as possible.

This exercise is designed to get you out of your comfort zone. It doesn't need to be career related and it is meant to be spontaneous and fun!

The criteria of this exercise include the following:

- It must be lighthearted and energising
- It must be something you've never done or experienced before.
- It **MUST** be completed this week (i.e. not booked for a future date)

Need some inspiration? Past participants have:

- Gone paddle boarding
- Taken a rock-climbing/acting/pottery/yoga class
- Drawn up plans for a new kitchen
- Attended a cake decorating class
- Conquered the 'Leap of Faith' at an indoor climbing centre (this is our favourite!)