

# Fly Out of Your Comfort Zone

Imagine zooming through the clouds. Below, you see tiny trees and a long, winding river. You pull a handle, your parachute opens—*fwap!*—and you float gently to the ground.

Does the idea of skydiving thrill you—or freak you out? Fear is a natural feeling. It's your body's alarm to keep you

safe and help you react to danger. If you didn't feel fear, you might try to jump with no parachute! The key is to keep a healthy balance *and* reach for new adventures.

Try to face fears one step at a time. Writing about them can deflate their power. Steer out of your comfort zone with wisdom and let your spirit soar!

A goal I want to reach (though I have worries or fears):

Virtues that help me face fear:

My worries or fears about this goal:

A small step I could take toward my goal:

Good things that could happen if I overcome fear:

A prayer, song, or memory that gives me courage:

A fear I had in the past and how I overcame it:

Someone who helps me feel safe and strong:

How I'd help a friend or sibling who's afraid: