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Confidence Outside Your Comfort Zone Journal

We spend a lot of our life living within our comfort zone. We're creatures of habit and we like to avoid anything that causes us pain, poses a potential risk, or makes us uncomfortable.

But… what if there are amazing things, experiences, and people out there, just outside our comfort zone that we're missing out on?

But …what if it isn't nearly as scary to step out of our comfort zone as we thought?

But … what if we're missing out by staying safe and comfy?

What if it were easy?

Are you ready to do it? To step outside your comfort zone a little? Use this journal to help you as you step out of your comfort zone and into the realm of possibility.

Each morning when you get up, make your favorite beverage and use this journal to write down your thoughts and feelings as well as what you want to accomplish that day.

Remember, this is your life so make sure that the things you're doing each day reflect what you want to work on to build your courage and increase your self-confidence.

Fran Watson

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Confidence Outside Your Comfort Zone

Each day that you do something outside of your comfort zone list what you did and check the corresponding date box. It's a great way to show progress

Day	Today I Practiced…	Today I Learned…	Today I Helped…	Today I Got Over the Fear of…				
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Confidence Outside Your Comfort Zone Journal

Day 1

Because one believes in oneself, one doesn't try to convince others. Because one is content with oneself, one doesn't need others' approval. Because one accepts oneself, the whole world accepts him or her.— Lao Tzu

Day 2

Life is ten percent what you experience and ninety percent how you respond to it. — Dorothy M. Neddermeyer

Day 3

Noble and great. Courageous and determined. Faithful and fearless. That is who you are and who you have always been. And understanding it can change your life, because this knowledge carries a confidence that cannot be duplicated any other way.— Sheri L. Dew

Day 4

Each time we face our fear, we gain strength, courage, and confidence in the doing.- Theodore Roosevelt

Day 5

Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained. - Marie Curie

Day 6

One important key to success is self-confidence. An important key to self-confidence is preparation.- Arthur Ashe

Day 7

To love yourself right now, just as you are, is to give yourself heaven. Don't wait until you die. If you wait, you die now. If you love, you live now. - Alan Cohen

Day 8

Have confidence that if you have done a little thing well, you can do a bigger thing well too. - David Storey

Day 9

With realization of one's own potential and self-confidence in one's ability, one can build a better world. - Dalai Lama

Day 10

Don't you dare, for one more second, surround yourself with people who are not aware of the greatness that you are. - Jo Blackwell-Preston

Day 11

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment. - Ralph Waldo Emerson

Day 12

No one can make you feel inferior without your consent. - Eleanor Roosevelt

Day 13

We have to learn to be our own best friends because we fall too easily into the trap of being our own worst enemies. - Roderick Thorp

Day 14

If you really put a small value upon yourself, rest assured that the world will not raise your price. - Author Unknown

Day 15

You have to expect things of yourself before you can do them. - Michael Jordan

Day 16

Confidence is preparation. Everything else is beyond your control. - Richard Kline

Day 17

One isn’t necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can’t be kind, true, merciful, generous, or honest. Maya Angelou

Day 18

Without courage, wisdom bears no fruit.- Baltasar Gracian

Day 19

Life shrinks or expands in proportion to one's courage.- Anais Nin

Day 20

The best way out is always through.- Robert Frost

Day 21

Don’t get discouraged; it is often the last key in the bunch that opens the lock.- Unknown

Day 22

Trust the still, small voice that says, “this might work and I’ll try it.”-Diane Mariechild

Day 23

Remember that failure is an event, not a person.-Unknown

Day 24

Courage is going from failure to failure without losing enthusiasm.-Winston Churchill

Day 25

Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe your critics are right. -Ralph Waldo Emerson

Day 26

Courage is rightly esteemed the first of human qualities . . . because it is the quality which guarantees all others.- Winston Churchill

Day 27

May you always do what you are afraid to do. - Ralph Waldo Emerson

Day 28

Courage is doing what you're afraid to do. There can be no courage unless you're scared.— Eddie Rickenbacker

Day 29

The ideal man bears the accidents of life with dignity and grace, making the best of circumstances.— Aristotle

Day 30

One man with courage makes a majority.— Andrew Jackson

Day 31

Time to begin again with a new month, but first review the progress you have made.