

# GET COMFORTABLE WITH FEELING UNCOMFORTABLE

## step 1:

think of a situation that makes you uncomfortable, for example, addressing your boss, a colleague, or a friend or taking on a task you have never done before.

## step 2:

now answer these three questions about that situation:

- what i easily dare to do is ...
- what i panic about is doing ...
- what i find scary but want to try is ...

## step 3:

find a colleague or friend you trust, share your challenge and answers from step 2 and agree that you will do number three. afterwards, evaluate together how it went, and define the next challenge.

## *how this exercise works*

easy peasy !

just go through the steps one by one. don't rush it, take time to investigate and reflect



read the article  
to learn more  
about the topic