Getting into Stretch

Making sure you are finding ways every day to get more into your stretch zone depends on small steps.

1. First of all: Think about what activities sit in your comfort, stretch and panic zones, then identify what a good balance of comfort and stretch looks and feels like for you:
   
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________

2. Seek out opportunities to stretch yourself and don’t be afraid to take on something that scares you a little. Be proactive and don’t wait for them to come to you – seek “stretch” experiences out.
   
   ______________________________________________________
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3. Here are some ways. Think about each and how you might incorporate one or more of these into your everyday:
   - Approach someone you don’t know that well (or normally might not approach and – compliment them!
   - Send someone a gift for no reason
   - Make a new recipe you’ve never tried before
   - Ask for constructive feedback/criticism from a peer/teacher
   - Reconnect with someone from your past
   - Eat something you’ve never eaten before
   - Learn a new skill or find out more about it
   - Say “yes” to taking on a new project
   - Start a conversation
   - Do a course in something completely different
• Travel to a new place

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