

# Getting into Stretch

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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:

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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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A collage of promotional images for the 7 Skills for the Future series. It includes:

- A stack of three pink journals titled "7 skills 7 weeks 7 days" with a white cover titled "the JOURNAL".
- A pink book cover for "SEVEN SKILLS FOR THE FUTURE THE AUDIO BOOK" by Emma Sue Prince. The cover features a large wooden gavel icon and the text "adaptability critical thinking empathy integrity optimism being proactive resilience".
- A white book cover for "7 skills for the future" by Emma Sue Prince, featuring a large headphones icon and the text "PODCAST".
- A pink book cover for "7 skills for the future" by Emma Sue Prince, featuring the text "VICKI SPARAS" and "STRATEGIES FOR".
- A pink book cover for "7 skills for the future" by Emma Sue Prince, featuring the text "MUMBOS" and "GOALS".
- A pink book cover for "7 skills for the future" by Emma Sue Prince, featuring the text "Adaptability, Critical Thinking, Empathy, Integrity, Optimism, Being Proactive, Resilience".