

**LESSON 5 WORKBOOK**  
**Build Confidence**  
**That Change Can**  
**Be A Good Thing**

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# What It Means To Have Confidence That Change Is Good

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Human beings love the comfort zone. The “comfort zone” refers to your personal space where you feel most comfortable. Besides encompassing actual, physical spaces, your comfort zone also includes people, restaurants, hobbies, TV shows, and a variety of other aspects of your life that bring you feelings of great comfort.

Hanging out in your “comfort zone” is great because you already know what to expect when you’re doing things that fall under your comfort zone. While the comfort zone sounds like a great place to be, there are some drawbacks to spending all your time there.

When you’re in the comfort zone, you’re far less likely to try new things, take risks, or speak to new people. Exiting your comfort zone is necessary to experience new things in life. If you never leave your comfort zone, you don’t give yourself a chance to grow, evolve, and learn more as a human being.

The urge to grow, evolve, and learn more requires an effort to make changes in your life. Change can be incredibly scary – when things in your life change, they are often fighting heavily against your comfort zone. However, in order to try something new, you must exit the comfort zone for a while to have those new experiences.

This urge to exit the comfort zone describes the idea in having confidence that change can be a good thing. When you encourage and trust yourself to get out of your comfort zone, you have confidence in your ability to change, grow, and learn more in life.

You believe that change can be a good thing and have confidence in yourself to spread your wings, try new things, and go on adventures so you can develop further as a human being.

# Exercises: Develop Confidence That Change Can Be A Good Thing

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**Allow yourself to start small when you’re experimenting with embracing change.**

When you’re trying to acclimate to embracing change, avoid any major changes as your first attempt. Starting with smaller, more manageable changes is the gentler way to build your confidence in change being a good thing.

**Make one small intentional change in your daily routine every day.**

For example, instead of coffee drink tea, instead of cereal for breakfast have eggs, instead of taking the same route to work take another one, instead of aerobics class, take a spin class, order something new from the menu, etc. This helps you create the positive perception that change can be exciting and not just scary

**Write about your experience with this, consider how you felt, what you thought, the benefits of it...etc.**

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Write a message to the unknown, focus on acceptance and how you can overcome your own obstacles to facing the unknown

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**Make a pros and cons list to determine the value of a potential change you're considering**

**What is the change**

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PROS	CONS









## **Reduce the amount of ambiguity on the other side of making a change.**

To reduce that amount of ambiguity and boost your confidence in change being a good thing, give yourself plenty of time to brainstorm all the potential outcomes – whether they’re good or bad. When you have a full grasp of what could happen, making the change feels a lot less unpredictable.

## **Flip the script on making changes to be an adventure story rather than a horror story.**

Write about this from your perspective, think back to past changes, what adventurous aspects can you see in those

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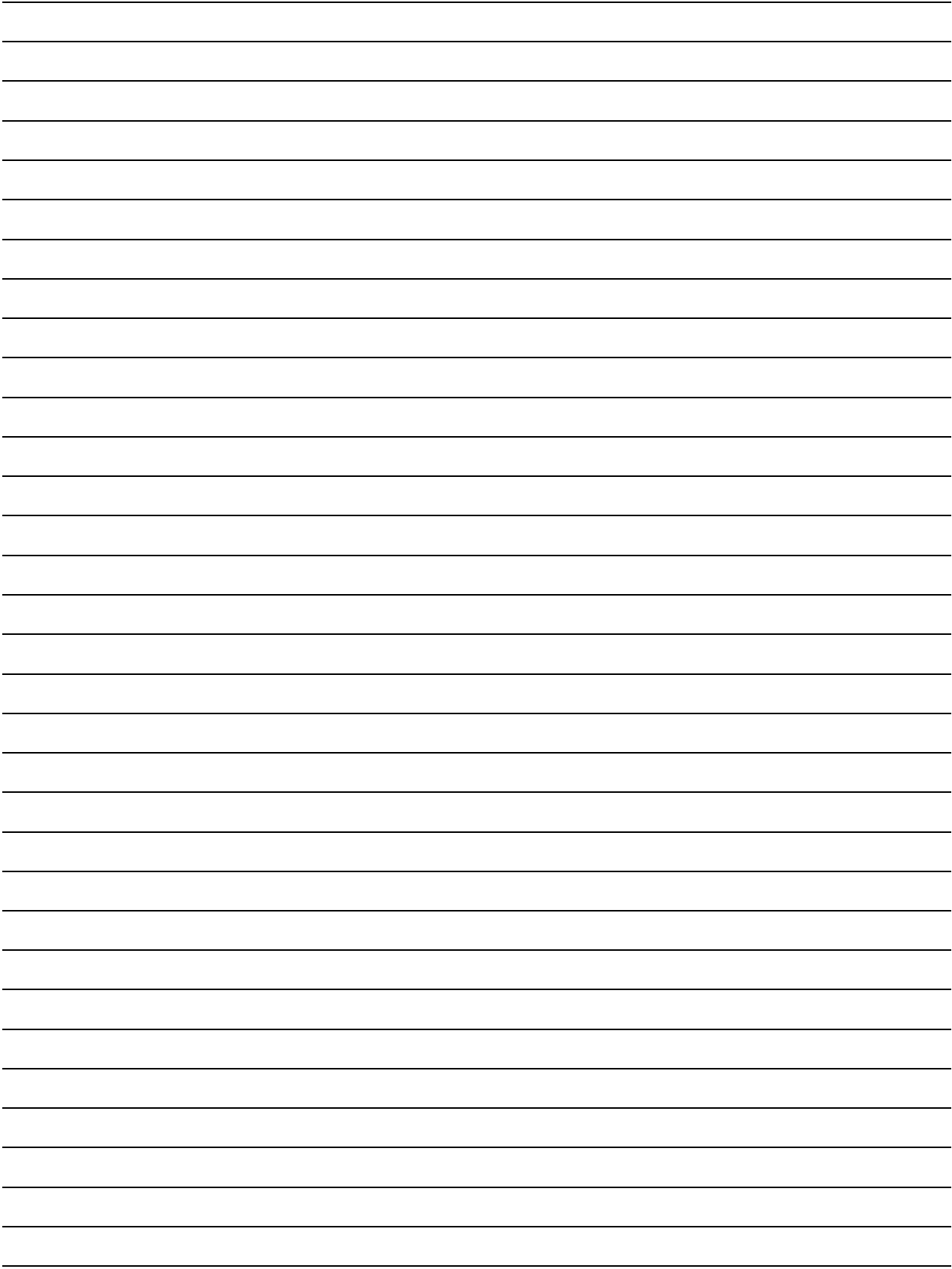
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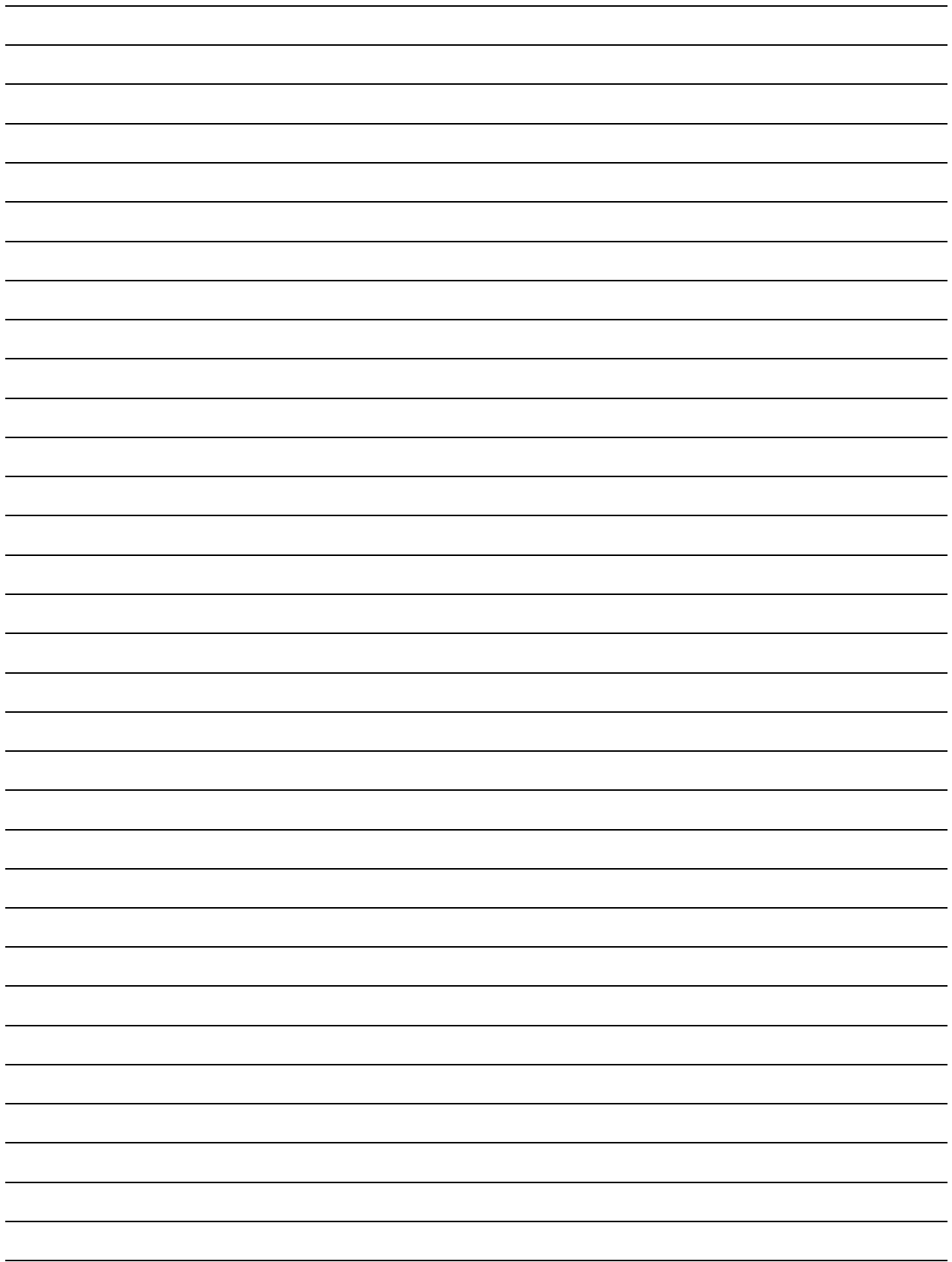












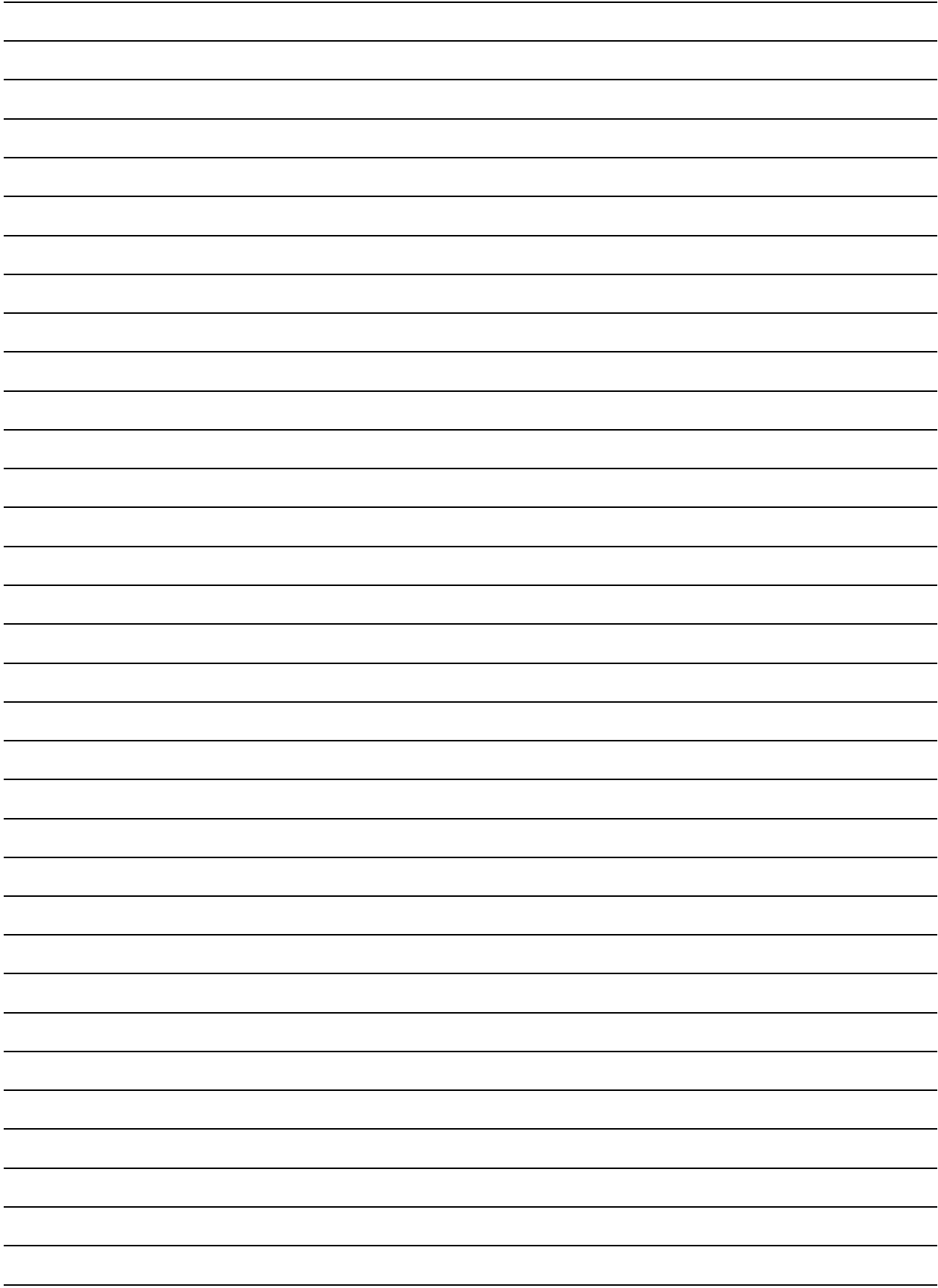












List 5 reasons you don't like change

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List 5 ways that change can benefit you

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List 5 ways you can learn to embrace change

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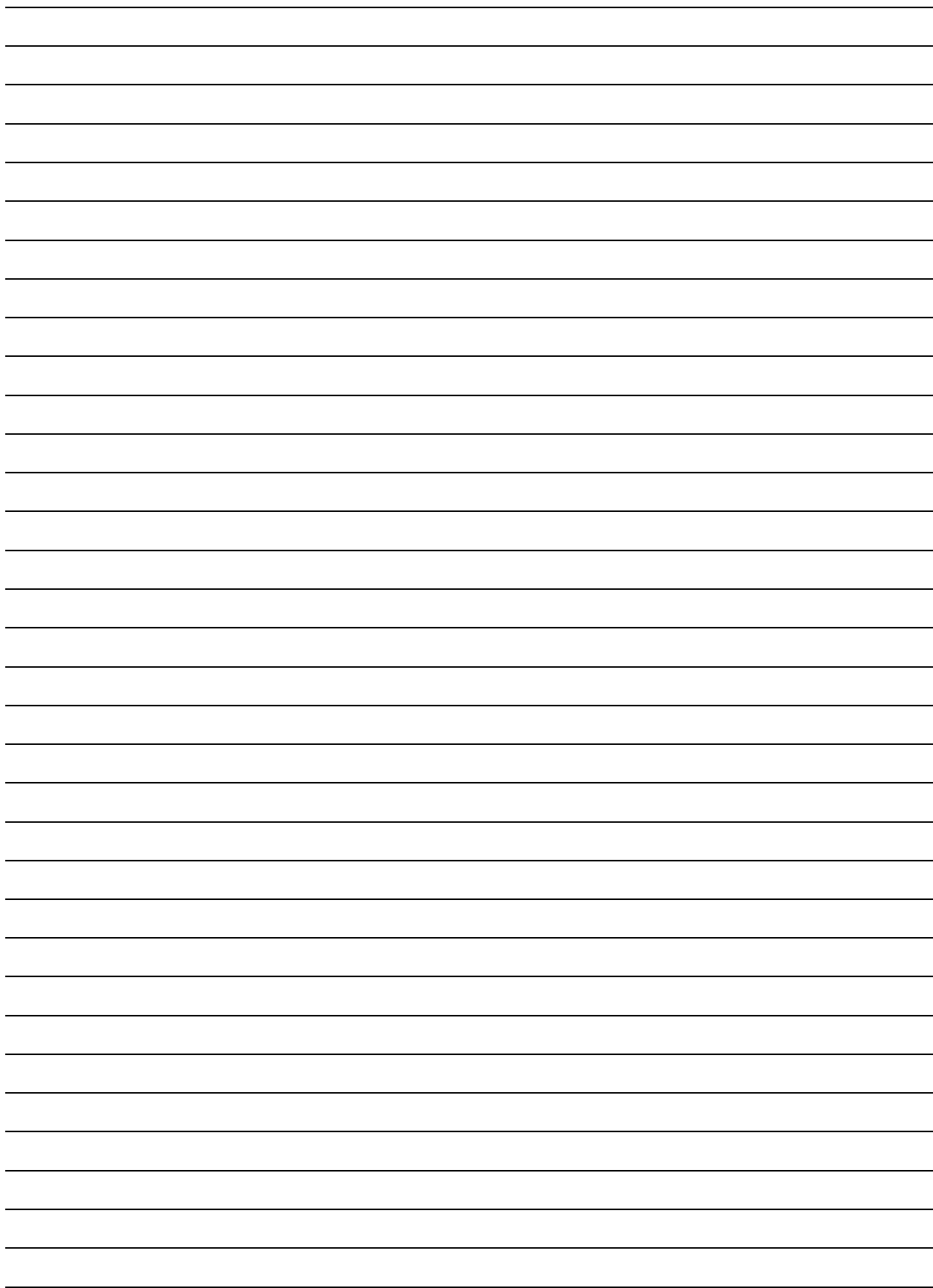
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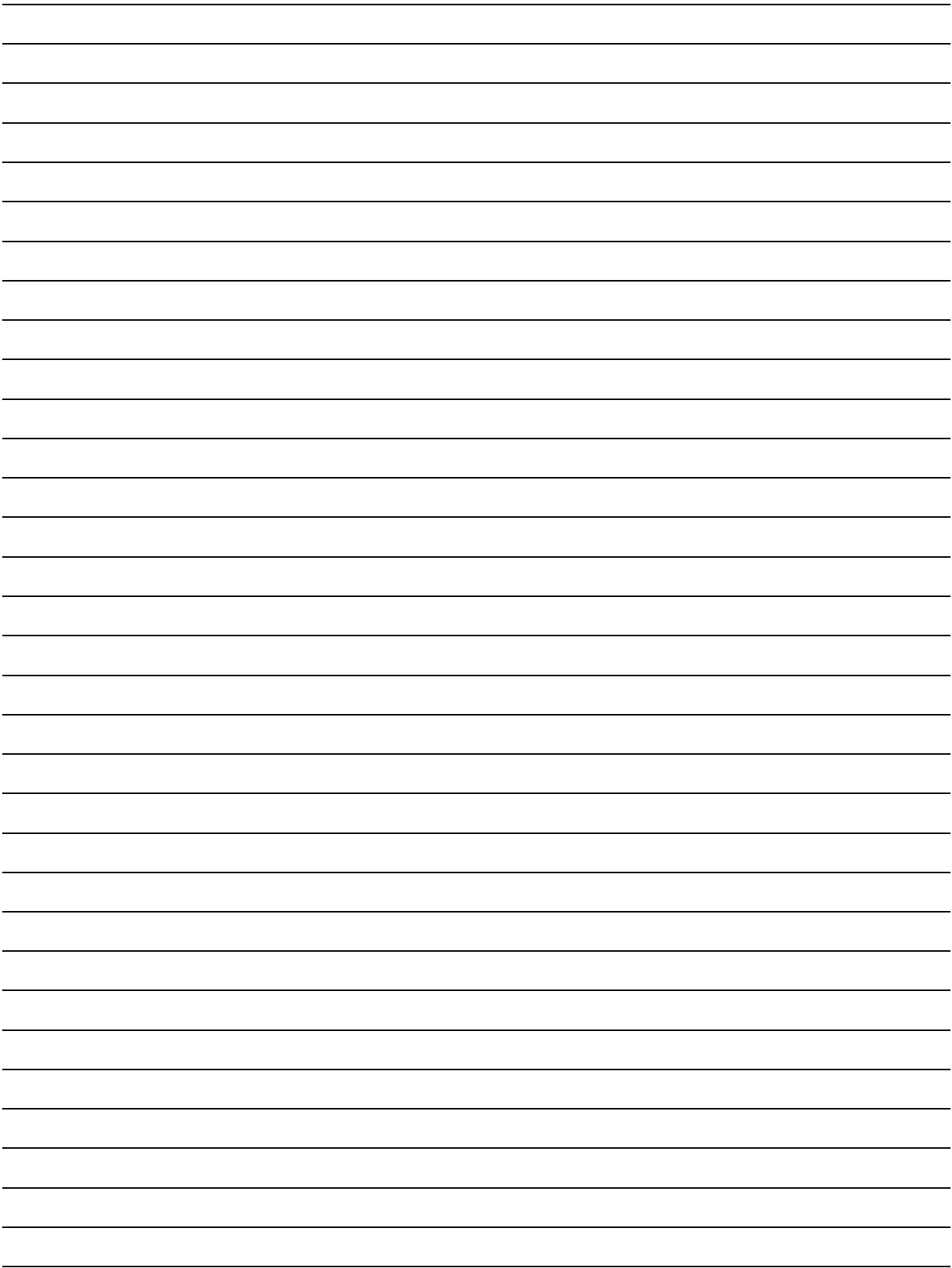
















List obstacles that are holding your back from change right now

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Change is a good thing because

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