

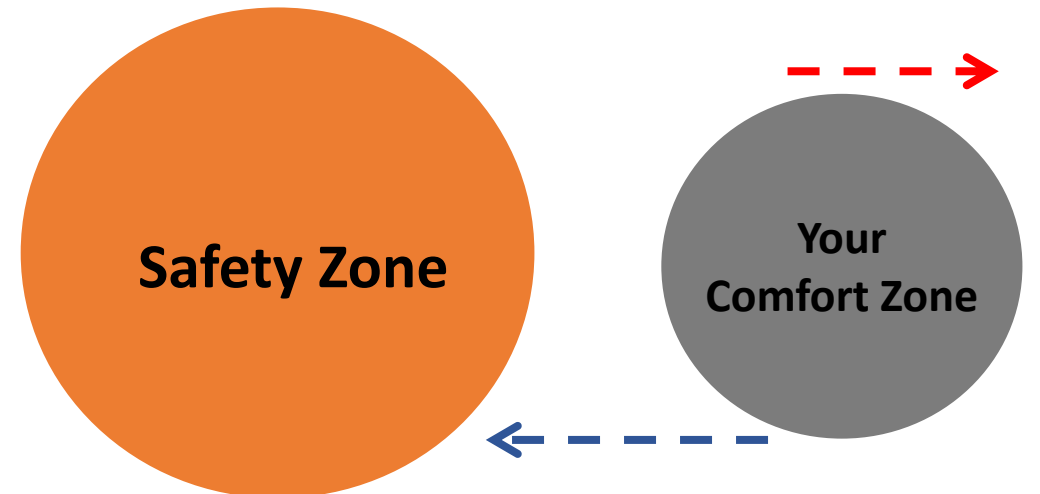
Five Ways to Be Your Best Self

(Part 2)

3. Get good at being uncomfortable. Living too
get gʊd æt 'bi:ɪŋ ʌn'kʌmfətəbl 'lɪvɪŋ tu:
long in your comfort zone prevents you from
lɒŋ ɪn jɔ: 'kʌmfət zəʊn prɪ'vents ju: frɒm
personal and professional growth. Identify the
'pɜ:snl ænd prə'feʃənl grəʊθ aɪ'dentɪfaɪ ðə
safety zone, then dare to leave your comfort zone
'seɪfti zəʊn ðɛn deə tu: li:v jɔ: 'kʌmfət zəʊn
to move toward it. Make a plan and take daily
tu: mu:v tə'wɔ:d ɪt meɪk ə plæn ænd teɪk 'deɪli
actions to develop your competence and
'ækʃ(ə)nz tu: dɪ'veləp jɔ: 'kɒmpɪtəns ænd
confidence to move toward the safety zone.
'kɒnfɪdəns tu: mu:v 'təʊəd ðə 'seɪfti zəʊn

Your Note:

TiengAnhTongLuc.com



5 Ways to Be Your Best Self

(Part 2)

- **Critical Thinking**
- **Creativity**
- **Communication**
- **Community**
- **Challenge**

We assume that what makes us comfortable also makes us safe."

