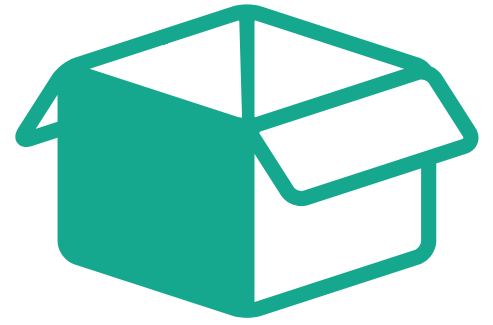


GETTING OUT OF YOUR COMFORT ZONE



It can be a bit scary to break out of your comfort zone. But stretching your wings can help you learn and grow.

Think about:

1 Learning a new language

2 Traveling somewhere new

3 Trying out a new fitness class

4 Volunteering for your favorite cause

5 Attending a seminar for fun

