

Stepping Out of Your Comfort Zone

Sometimes being brave or doing the right thing means stepping out of your comfort zone. Doing so can help you build new strengths. Here are some ideas to start:

- 1 **TRY A NEW ACTIVITY OR SPORT.** Do something you haven't done before. It's okay if you're not successful at first.
- 2 **REACH OUT TO SOMEONE THAT YOU DON'T KNOW VERY WELL.** Simply talk with them or invite them to join you in an activity. You might make a new friend, or just make the other person feel good.
- 3 **TRY JOINING A NEW GROUP.** Sit with different kids in the cafeteria, change your seat in class (if allowed), or get involved with a student organization. It will give you a new perspective.
- 4 **GIVE BACK.** Volunteer in the community, read to younger students in the elementary school, or serve as a mentor.
- 5 **DON'T BE AFRAID TO MAKE MISTAKES.** It's a great way to learn.
- 6 **ASK QUESTIONS.** Questions mean you are interested and engaged, not stupid. Whether it is a simple fact or understanding what someone else is thinking, you'll never know unless you ask.
- 7 **TRY SOMETHING YOU HAVE ALWAYS WANTED BUT WERE AFRAID TO DO.** Make sure it is safe and legal. Ask someone you trust to help or join you. Feel proud that you are taking positive steps.
- 8 **SPEAK UP FOR OTHERS,** especially those that have difficulty speaking up for themselves.
- 9 **TAKE ON A NEW RESPONSIBILITY.** It could be a new role at school, a job, or a volunteer position. Feeling and being responsible is a critical strength.
- 10 **DREAM A LITTLE.** Set a long-term goal that you would like to accomplish, identify strategies for achieving it, and mark your progress towards reaching it.

Visit www.braverytips.org for more information on building strengths.