

10 May 2021

*The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!*

## Stepping Out of your Comfort Zone

*This week's tasks are going to push (some of) you to do different things as well as a bit of self-reflection. The best way to master something is to practice and whilst some challenges might be a bit scary, they will allow you to focus and learn on aspects that you wouldn't otherwise. For instance, we know when someone we know's body language is negative but can we read it as well from a stranger? Are strangers more likely to open up to you? I had an amazing conversation with a 83 year old man in a supermarket queue one day & he started telling me some very personal things that I was able to help him with. The experience was invaluable. So let's do it...*



*Monday - Start a conversation with someone you don't know in an unfamiliar environment (i.e. shop rather than work). How did they react? Was the response what you thought? Did you adjust yourself to them?*

*Tuesday - Smile at random people that you don't know. Did they respond? Did that make you feel more approachable? Did it start a conversation? What else happened?*

*Wednesday - Ring someone you haven't spoken to in a long time & focus all your attention on them. Ask inquisitive questions. What have you found? Have they opened up more? Was it difficult to do? What else?*

*Thursday - Self-reflection. What are your communication challenges? How are you coming across? Do you waffle & go round the houses or are you too blunt? What could you do better? How are you going to improve?*

*Friday - Self-reflection. How do you read people? Do you assume that you know what they mean or what they are going to say from your own life? Do you misread them regularly without realising? What can you improve on?*

*Saturday - Pay attention to body language, tone and what is being said/ not said. Seek clarification when required and be really present. How could you improve your listening skills? What happens when you really listen?*

*Sunday - Self-reflection. Do your emotions affect the way you communicate? Do you realise when you're doing it? How could you better control your emotions? How could you better communicate?*