



17 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 2

Exactly like last week, let's push you out of your comfort zone even more! So last week, the tasks were 'quite easy' so we are going to step up a notch... Some of these challenges are more difficult and involved but you will be amazed at some of the results you get & may even start using them more often.

Remember (especially with Day 6) to act as naturally as possible even if it's not second nature yet. Refrain from making it a big thing in your head, start slowly and build up to it. Good luck!



Monday - Give a genuine compliment to every single person you talk to. Most of us downplay compliments so how are you people reacting? And how does it make you feel to see their reaction?

Tuesday - Use the name of the person you're talking to (not the full name as if they were naughty! If for instance they are known as Phil, don't say Phillip) & maintain eye contact. What are your findings?

*Wednesday - Do not interrupt & let people finish their point as opposed to butting in & saying your bit. Is it difficult? Also count how many times you use a filler word or fill the spaces with banalities. How often do you do it?*

*Thursday - Count how many times you start a sentence with 'No', 'But', 'However' or any words that negate the previous point. Instead use 'And' every time you find yourself doing it. More often than you thought?*

*Friday - Focus on the behaviour not the person & listen more. What can you notice that you wouldn't normally? Do you get more out of the conversation? What's different?*

*Saturday - Get better rapport by mirroring the other person's tone/ mood/ body language/ the words they use, etc... What happens when you do that? Does it make you more attentive to them? What's different?*

*Sunday - Self-reflection. From all of the daily challenges this week, what have you learnt? What made you uncomfortable? What was easier than anticipated? What will you use again?*