



Comfort Zones

Note Catcher

REFLECTION QUESTIONS

What challenges might have Megan Thee Stallion faced as she broke her comfort zones by going to college?

Why is it important to break our comfort zones?

How did Megan Thee Stallion benefit from breaking her comfort zone?

How might you benefit from breaking your comfort zone?

(Continued below)



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CURRENT COMFORT ZONES

**NEW SKILLS, IDENTITIES, TALENTS
I WANT TO WORK TOWARDS**