

## YOU CAN ONLY GROW IN YOUR STRETCH ZONE

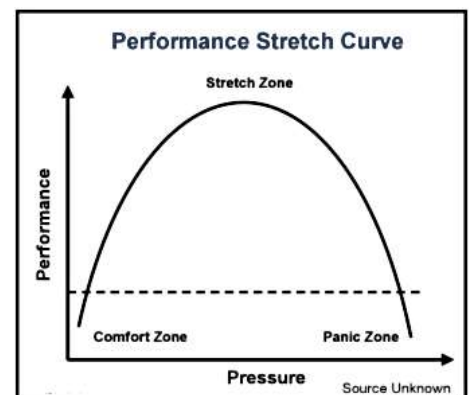
When you are in your comfort zone, you are in a mental state which is anxiety-neutral and your behaviours are normally free of any risk. You behave in a predictable way that will give you a level of performance that is standard for you. Comfort zones are a result of behaviours and experiences that an individual has over time.



Stretching your comfort zone puts you in a place where you are learning, developing, growing and building experiences, skills and knowledge that can assist you in achieving your goals.

Our potential never happens in our comfort zone; it happens when we step across the threshold into our stretch zone.

Throwing yourself too far into the deep-end will actually hinder your performance and discourage you from taking further action. It's important to be conscious of which zone you are in, aiming to spend most of your time in your growth zone.



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