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MAKE SPARKS FLY

Expand Your Horizons

Step outside of your comfort zone: What comes to mind when you see the words, “comfort zone”?

A comfort zone is a place where things are familiar and comfortable. One of the greatest challenges you may face in your life is stepping out of your comfort zone to try something new. When you take a risk, there is generally a fear of the unknown associated with that risk. Sometimes you might be afraid to fail. Sometimes doing something new is just weird or awkward. If something is holding you back from trying something new, consider this: If you stick with just one or two activities in your comfort zone, you could miss discovering unexpected sparks, like cake decorating, ski jumping or dog training!

Think about the activities you would try if you knew you could not fail. Write some of these activities in the space provided.

Example: Sing in front of an audience; introduce myself to someone at school, etc.

Think about what is holding you back from doing some of the things listed above. Write your thoughts in the space below.

Example: Fear that someone will make fun of me; fear I will fail, etc.

Share your thoughts with a partner or small discussion group. Once you have shared your thoughts, share one specific thing

you can do TODAY to step out of your comfort zone and expand your horizons. Keep in mind that very few people are immediately good at something the first time they try it.

Learn something new: Many times, when people read the newspaper, they tend to flip to the section that is most interesting or familiar to them. As you explore USA TODAY, read an article in a section that you usually do not choose OR select an article that you normally would not read. Learn something new today! Record your findings below:

Title of article: _____

What did I learn? _____

How can I use this information in my life? _____

Explore a new issue: We generally have certain issues or topics that are most important to us. As a result, we may only know a lot of information about a few issues or topics. Go to at15.com and join thousands of teens who are sharing their thoughts and perspectives about the issues that are most important to them. Once you become a member, go to “forums” and explore a topic that you don’t know much about. Read some of the perspectives and opinions of your peers and learn more about this topic. Make an effort to learn something new every day in order to expand your horizons.

New members: Use the promo code [usatoday15](#) when you register on [@15.com](#) and receive an extra 150 points to give to the [@15](#) charity of your choice!

