



## ADVANCED LEADERSHIP CERTIFICATION

# COMFORT ZONE CHALLENGE GOAL CHART

### INSTRUCTIONS:

1. Choose ONE goal that is **outside of your comfort zone**, but achievable in roughly one week. Examples include joining a new group or club, reading a book outside of your typical genre, or mentoring a peer or classmate. Make sure the goal is something you would **NOT** typically do.
2. Pick a goal organizer and fill it in.
3. Write a response to the reflection question in the space provided.
4. Save as a PDF and submit in the assignment.

### WRITE YOUR 1-WEEK GOAL BELOW.

*(example "I am going to attend 1 meeting for a new club and volunteer for a task during the meeting")*

**CHOOSE ONE OF THE COMFORT ZONE CHALLENGE GOAL ORGANIZERS** on the following pages and fill it out. Break your goal into small pieces with one task to complete each day (*calendar organizer*) or in specific steps (*steps organizer*).



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## CALENDAR ORGANIZER

### GOAL FOR THE WEEK:

|                  |                 |
|------------------|-----------------|
| <b>SUNDAY</b>    | today I will... |
| <b>MONDAY</b>    | today I will... |
| <b>TUESDAY</b>   | today I will... |
| <b>WEDNESDAY</b> | today I will... |
| <b>THURSDAY</b>  | today I will... |
| <b>FRIDAY</b>    | today I will... |
| <b>SATURDAY</b>  | today I will... |



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## STEPS ORGANIZER

**GOAL:**

**STEP 6**

last I will...

**STEP 5**

fifth I will...

**STEP 4**

fourth I will...

**STEP 3**

third I will...

**STEP 2**

second I will...

**STEP 1**

first I will...



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Once you've completed the week and achieved your goal, answer the following question in the space provided:

**HOW COULD YOU USE THIS EXPERIENCE OF ACHIEVING A GOAL OUTSIDE OF YOUR COMFORT ZONE TO IMPROVE YOUR APPROACH TO LEADERSHIP?**



Be sure to save this document as a PDF and submit to the  
**Comfort Zone Challenge** assignment.