



5: Ambitions & Growth

W o r k s h e e t s

What are your ambitions and dreams?

What is holding you back from achieving them?

Select one challenging task or hobby in your life you wish to grow. Employ the Growth Rings Model to stretch your comfort zone.

The Growth Rings Model Template

Home: your comfort zone where you utilize your strengths today

Neighborhood: using your strengths in slightly new ways

Adventure: applying your strengths in considerably different ways

Frontier: further stretching far from your original comfort zone

See examples in Chapter Five.

You can apply The Growth Rings Model to any area you wish to grow and build confidence, including public speaking, meetings, exercise, social engagement, and more.

The key is to build on your strengths, stretch but don't leap, prepare and practice, apply self-compassion, value the journey and effort more than the final destination.