**~~Comfort~~ Zone Assignment**

1. **Force yourself to do something that pushes your comfort zone that involves strangers in a clearly public space, something you would never normally do, that breaks your normal (expected) pattern of behavior*. One time, a student walked up to a woman in her 50s who was talking on the phone, tied her shoelaces, and walked away without saying anything!***
2. **Have someone with you who can shoot a video of you doing this.**
3. **Answer some questions about the experience**

Why make us do this?  Getting a creative idea isn’t always the hard part. Expressing it can be! This exercise will illustrate to you that you can push your comfort zone and survive. Actually, not only will you survive, but you can feel an ego boost, a real rush, when you push yourself past your **self-imposed boundaries** and succeed at what you were doing.

Most of us are too shy to want to stand out and go against what other people are doing. This can hurt our creativity, our contribution to society and our careers. For example, you may have a wonderfully unique idea you think might contribute to solving a problem at work, but feel uncomfortable expressing it (such as in a meeting) because you think it’s too “out there” or because it may go against the status quo. So you censor yourself and don’t say anything. This doesn’t help solve the problem or impress the boss. You’re just another ‘Yes’ employee who always agrees with everyone.

If you find yourself in a situation where you would not take any action because to do so would make you feel uncomfortable, then talk yourself into taking action!! Questioning and breaking your traditional patterns of thinking and behavior is important to freeing your mind to think creatively.

**I’m not looking for something lame,** like “This is me helping my gramma with the turkey, something she never let me do” ZZZzzzzzzzz

**TO SUBMIT:**

**1) Upload the video to a hosting site (YouTube, Vimeo, etc.) (MAKE SURE IT IS MADE PUBLIC AND NOT PRIVATE!)**

Upload the video your friend shot of you doing whatever it is that pushed your comfort zone to YouTube, Vimeo or another video hosting site (there are plenty of tutorials that show you how to do this if you search for them). The video doesn’t have to be long, but it has to be obvious that you have done something that pushes your comfort zone. You can decide what that is. Only YOU know YOU that well.

**2) Number and answer EACH of these questions with at least one sentence (more are fine)**

1. **What was the event?** (ie: I was shopping at the mall with my parents.)
2. **What did you do that pushed your comfort zone?** (ie: I saw a lady talking on her phone with her shoe untied so I went over to her, squatted down and untied it!)
3. **Why would you not have done that in the first place (why was this pushing your comfort zone)?** (ie: I generally don’t like to draw attention to myself because I am shy)
4. **What were the results of your behavior?** (The lady looked at me like I was insane and hit me with her purse!)
5. **How did it make you feel?** (ie: I felt stupid at first, but then I felt this weird elation!)
6. Your full name

**EMAIL THE FOLLOWING TO** [**tcandela@lsps.org**](mailto:tcandela@lsps.org)**:**

Your Name

Followed by a link to your video on Youtube (or whatever) (MAKE SURE IT IS MADE PUBLIC AND NOT PRIVATE!)

Followed by the answers to the five questions above

***\*\*Assignment credit goes to Lake Shore alum Chloe Jennings; She informed me of this excellent idea from her professor, Karl Gude\*\****