

Video #2 Self-confidence

YOUR COMFORT ZONE



The diagram shows a central cloud-like shape labeled "Your comfort zone" in orange. Above it, an orange 'X' is labeled "Where magic happens". To the left, an orange 'X' is labeled "Public Speaking". Inside the cloud, an orange 'X' is labeled "Preparing a dinner for 10 friends". Below the cloud, an orange 'X' is labeled "Organizing an event". At the bottom, an orange 'X' is labeled "Talking to a stranger on the street".

Public Speaking

Where magic happens

Preparing a dinner for 10 friends

Your comfort zone

Organizing an event

Talking to a stranger on the street

Draw your own comfort zone:



A large, empty rectangular box with an orange border, intended for the user to draw their own comfort zone. A large, light orange diagonal brushstroke is visible behind the box.

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YOUR SHADOW

Download exercises on
Lancaster Website – section
“Live with Light The School”

Draw your shadow: