



## AMERICAN LEADERSHIP ACADEMY Choir Department

### Comfort Zone Assignments High School Students only

#### Comfort Zone Assignments = 5% of Term Grade

One of the desired outcomes of participation in an ALA Choir is to expand the students' comfort-zone. Why, you ask? If you want to improve your life you'll sooner or later need to step out of that zone. Because it's there you'll find all those new and exciting experiences. There, you'll find freedom from boredom. Thus, do not nestle yourself deeper and deeper into that warm, safe, and comforting comfort zone. Don't get stuck. Think! Create! Do!

This will be achieved through students' completion of four comfort-zone assignments, one each term. Students will be eligible for 20 points for these projects each term based on creativity, presentation, and quality of work. In most cases, if the student completes the specifics of the assignment, they will be awarded full points. Comfort Zone Assignments may be turned in as late as the last day of the term for a full letter-grade reduction in points.

#### COMFORT ZONE ASSIGNMENT and DUE DATES

- **Term 1, *Self-Exploration Presentation*: October 23, 2013**
  - [CLICK HERE](#) to submit form
  - Answer the questions intended to probe you regarding getting out of your zone of comfort.
- **Term 2, *Reflections Depiction*: January 8, 2014**
  - Turn in paper after presenting to class
  - Select an idea from the list below (*Comfort Zone Ideas*), or on your own, and complete an act of service for someone out of your circle of influence. Get uncomfortable! Report on the following: What was the service experience? How did you feel? How do you think the recipient felt? What life lessons did you learn?
- **Term 3, *Comfort Zone Experience Reflection*: March 12, 2014**
  - [CLICK HERE](#) to submit form
  - Select a comfort zone task on your own or from the list provided (*Comfort Zone Ideas*). Answer the questions intended to help reflect on life lessons and to get yourself uncomfortable.
- **Term 4, *Letter of Gratitude*: May 7, 2014**
  - [CLICK HERE](#) to submit form
  - Write a letter of gratitude to someone out of your circle of influence. This could be someone you admire, you fear, or you despise. Answer reflection questions. Deliver it to them.

## 30 COMFORT ZONE IDEAS

1. Put your personal work, at school or your job, out in the world so that it's potentially vulnerable for negative comments. A video on YouTube, a piece of writing online – anything that can be complimented or critiqued, which will either boost your confidence or thicken your skin.
2. Do something over-the-top embarrassing to make a fool of yourself. Take part in a dance-off, test out cheesy pickup lines, make preposterous requests at restaurants.
3. Set a colossal ambition that will require you to discipline yourself and accomplish smaller goals first (e.g. *Running a marathon that will require weeks or months of training*).
4. Allow a friend to make plans for you, giving them creative control of a night filled with unknown festivities. Comfort is all about knowing what to expect and having limited surprises, this will be a unique change of scenery.
5. Read a book from a section you'd normally never set foot in. If autobiographies are normally your thing, check out a Teen-Fiction novel or Humor piece. Whatever is outside of the norm.
6. Perform some type of public speaking, such as a poetry or reading at an open mic night.
7. Pickup a new hobby that you currently have very little ability to do. Musical instruments, cooking, painting, writing, dancing, etc.
8. Go on an adventure and explore a surrounding city or an area you're unfamiliar with, using *no* GPS or assistance from your phone. Enjoy being lost and getting around only by investigating for yourself, and asking others for directions.
9. It's not always easy to express our feelings to the people we love the most. Make time for the people you consider yourself closest to, and vocalize your care for them, despite how much easier it can be to *think* "I love you" than to say it.
10. Go to a restaurant you've never actually been to and order something unique off of the menu. No cheeseburgers or salads, nothing you've had several times – *and* preferably something you struggle to pronounce.
11. If you've grown comfortable doing things solo, start doing those activities with a friend. If you only do things with friends, try going it alone. Trust me, seeing a movie by yourself is surprisingly pleasant.
12. Make a new friend. No – that doesn't mean add a random person on Facebook! At work, in class or when you're out, start a conversation IN PERSON, and make friends with someone.
13. Take an improv class to get comfortable with unscripted interaction which, most of life consists of.

14. Switch up your daily routine drastically. If you're a night owl, try hitting the hay early and waking up at sunrise. If you're an early bird, explore the wee hours of the night for a change.
15. Limit your television watching. Replace that newfound time being active and living your life, as opposed to watching others.
16. Take a financial risk that could result in a great reward.
17. Choose one of your fears and confront it head-on. Don't like heights? Try skydiving, hiking a mountain or going on a rooftop – whatever you can do, as long as the idea of it makes you uneasy.
18. If at all possible, spend time around people more successful than you. Being surrounded by individuals who've accomplished more than you can be beneficial if used as inspiration and motivation.
19. Enter a competition in which the odds are stacked against you. Failure isn't always a bad thing, especially if it's utilized properly. By losing and feeling a letdown, you should become thirsty to try again or at least feel the glory of winning and success.
20. Say "yes" to every single opportunity that presents itself, big or small. From an invite to an event you typically wouldn't attend, to a job promotion in a different city. Some things are life changers, and they should be embraced with open arms instead of shot down without consideration.
21. Visit a local homeless shelter or soup kitchen. Volunteer to assist with feeding or cleaning up. However, don't hesitate to mingle and TALK with the homeless people.
22. Leave the TV off for one week straight, or at least one night. Challenge yourself to make the most of your time NOT watching TV.
23. Read a book and download a song that you never would have before.
24. Call an old friend and get reacquainted. You start the conversation off and see where it goes.
25. Apologize to someone that you feel deserves an apology. Vocally, or in a letter, discuss your intent and then imply that you hope the future between you is a success.
26. Take someone to lunch that you've never had a conversation with before.
27. Go fishing, hunting, camping, or hiking. The key is outside.
28. Visit your local police station and fire department and take them food.
29. Start a conversation with the person at the register at the gas station or the cleaners or somewhere else you visit frequently.
30. Write an article about your area of expertise and submit it to a local paper, magazine, or leading website.