



# Break the Cage

You don't need to be fixed.

You need to remember who you are.



## A Self-Discovery Tool to Move from the Comfort Zone to the Growth Zone

A 10-minute reflection to help you step out of fear, reconnect with your truth, and move into your growth zone.





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### Why This Matters

Most of us build our lives in the comfort zone — because it feels safe. But staying there too long creates a life that's small, stuck, and scripted.

#### The truth?

Your nervous system was built to protect you. But your soul was built to expand.

### This worksheet will help you:

- Identify your self-limiting beliefs
- Understand your "cage"
- Name your growth zone
- Take one bold next step toward freedom



## Identify the Cage

WRITE YOUR OWN

What are the stories, fears, or beliefs that keep you small?

Where did you learn those stories? Whose voice is that?

#### **EXAMPLES**

"I don't want to be too much."

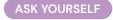
"If I speak up, they'll leave."

"I'll do it when I'm more ready/confident/perfect."





## Feel the Comfort Zone



What do I avoid to stay "safe"?

What parts of me do I hide to keep the peace?

What are the costs of staying comfortable?

Is this safety... or just familiarity?





## Step Into the Growth Zone

ASK YOURSELF

## What would change if I lived more fully in my truth?

What would I say no to?

What would I create?

What version of me would finally breathe?

FINISH THIS SENTENCE

If I were one step braver, I would...





## Choose Your Bold Move

WRITE YOUR OWN

One small, courageous step I can take this week is:

## Now write yourself a permission slip.

I give myself full permission to:





### Close + Invite

You weren't meant to stay hidden in the cage.

You were made to rise, unfold, and become.

When you remember who you are, you stop shrinking.

You stop performing.

And you start living.



