



STRETCH
RISK OR DIE!™
WITH RHONDA BRITTEN

FEARBUSTER EXERCISE™

Map out your Stretch, Risk and Dies Below. Complete one each week, and compare your progress.

COMFORT ZONE: *The things you are currently doing.*

STRETCH ZONE: *The things you know you can do, you just haven't done them.*

RISK ZONE: *The things you're not sure if you could do or not.*

DIE ZONE: *The things that make you feel like you're going to die if you do them.*

DATE:

GOAL:

