

EXERCISE – Playing It Safe

Take some time now to complete the following worksheet. We'd like you to think about all the different ways that you play it safe. How do you keep in your comfort zone? How do you protect and stop yourself from getting hurt? What do you do to stop others seeing the soft, vulnerable part of you?

PLAYING IT SAFE WORKSHEET

In what ways do you play it safe?	What thoughts and feelings does playing it safe protect you from?	How does playing it safe impact on you being <i>Active</i> ?