MOJO MINGLE
More Than Singles Events
By Sarah Rus

## The Art of Human Connection - Boost Confidence in Dating

**DATE:** _____

# DATING & THE COMFORT ZONE

### When you feel **frustrated**, what is that a **signal** for?

### Why did Sarah use Tinder initially?

### Complete the table below, in relation to dating.

| INITIAL COMFORT ZONE<br>Where are you now?<br>(5 Whys) | FEAR ZONE<br>Things to covercome | LEARNING ZONE<br>New Skills<br>To Master | GROWTH ZONE<br>Where I Want<br>To Be |
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