

# **R.I.S.E. – Step Out of Your Comfort Zone**

A quick reference guide to the four R.I.S.E. steps and your personal commitments.

## **Step 1: Resolve – Commit to Change**

Prompt: What would I do if fear wasn't holding me back?

Action: Write down one bold decision you've been avoiding:

## **Step 2: Invest – Build Your Skills**

Prompt: What skill would make my life better if I mastered it?

Action: Write down one skill you will commit to learning in the next 30 days:

## **Step 3: Serve – Use Growth to Help Others**

Prompt: How can I use what I know to help someone else?

Action: Write down one way you can serve someone this week:

## **Step 4: Elevate – Transform Your Future**

Prompt: Who do I want to become one year from now?

Action: Write down one word that describes your elevated future self:

## **My R.I.S.E. Commitment**

Resolve: \_\_\_\_\_

Invest: \_\_\_\_\_

Serve: \_\_\_\_\_

Elevation Word: \_\_\_\_\_