

# CATALOGING MY COCOON

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Everyone has an imaginary cocoon, a place that makes them feel safe. It's a positive concept—unless it prevents you from having new experiences, like bungee jumping or traveling to a new place. Having the confidence to identify and break free from your cocoon can open you up to a world you haven't yet encountered.

In the space below, list, describe, or illustrate everything you can about your cocoon—the things that keep you safe, as well as the things that prevent you from trying something new. Your cocoon might include your culture, community, school, friends, geography, or Interests.



What parts of my cocoon limit me from experiencing the world around me?

How can I begin to step out of my cocoon?

## Interview Note:

If I were interviewing someone about going outside his or her comfort zone, I would ask: