

Workshop Escape Room: Breaking Free from the Comfort Zone

A Mindset Mission Challenge

Mission Briefing: Your mission, should you choose to accept it....

You've been stuck in the Comfort Zone, it's safe, predictable, and familiar... but it's also holding you back.

Your goal: Break free by completing 3 challenges that test your awareness, mindset, and adaptability using the tools shared during today's workshop.

Use clues from the presentation, your own experience, and teamwork to escape.

Challenge 1: Code Word Unlock

Focus:

Chan**G**e the way we think

Scenario:

You've been handed a coded word by your subconscious mind. To escape the 'loop of limitation,' you must **R**earrange it to reveal the powerful word you'll need to reach your next level to thrive through change.

Clue: It's the zone that follows the Learning Zone.



Unscramble this word:

REITVH

Optional Debrief Discussion:

- “How do you *thrive* in the work we do?”

Answer: THRIVE

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Challenge 2: Mindset Map

Focus:

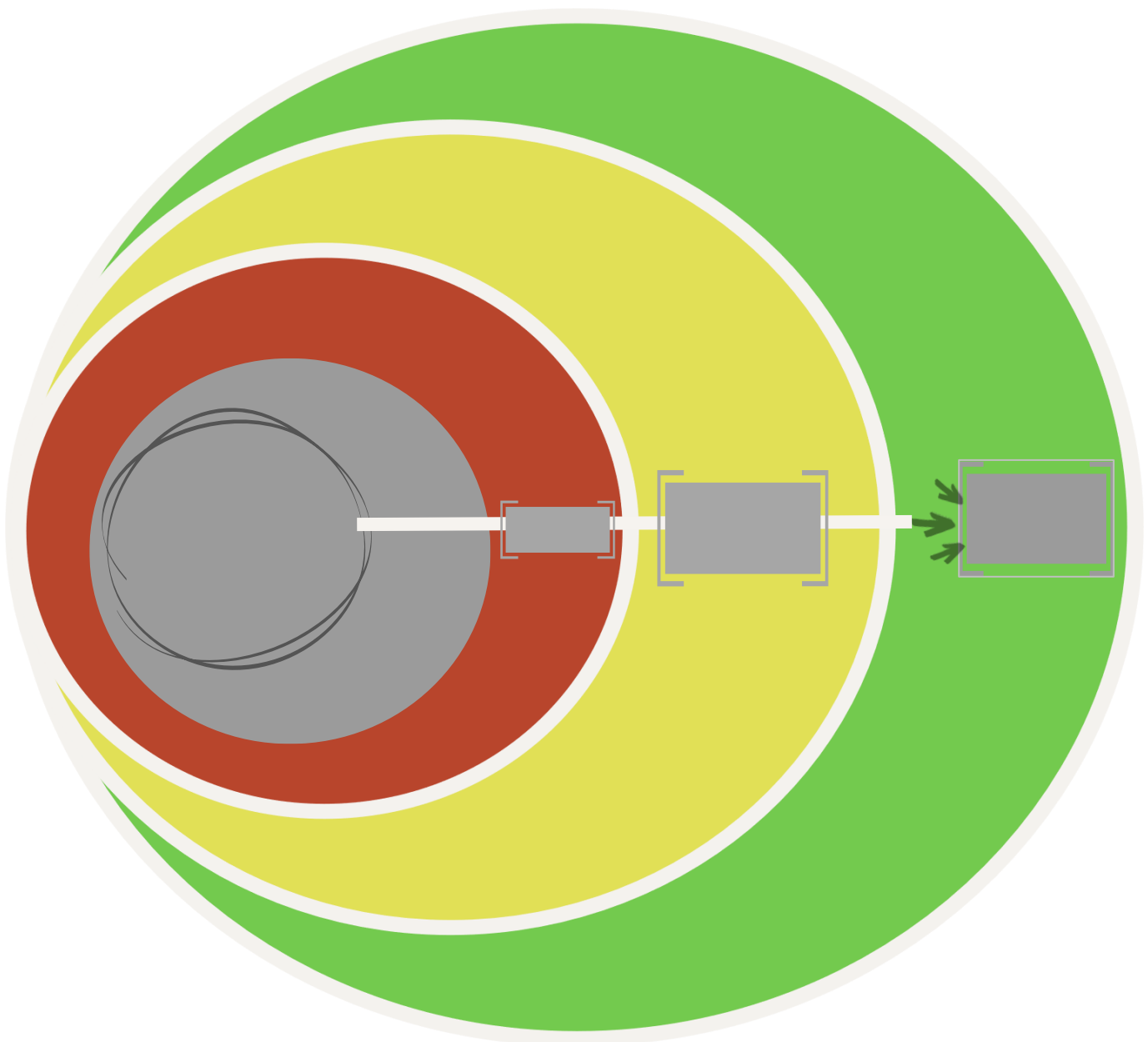
Sequence of Change

Scenario:

YOu find yourself on a staircase of change, but the steps are jumbled! You must rearrange the steps in the correct order to continue forWard.

Your task:

Place the 4 zones in the correct order from most comfortable to most expensive.



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Options (out of order):

Growth
Zone

Learning
Zone

Fear
Zone

Comfort
Zone

Write the correct sequence in the correct zone above:

Optional Debrief discussion:

“Where do you think you or your team is currently operating from?”

Answer:

1. Comfort Zone
2. Fear Zone
3. Learning Zone
4. Growth Zone

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Challenge 3: Mindset Decoder

Focus:

Growth vs. Fixed Mindset

Scenario:

You overheard two voices in the hallway. One is holding you back. One is ready to break through.

Can you Tell which mindset each statement reflects?

Task: Label each quote as Fixed or Growth mindset.

A. I'm just not good at dealing with change. I avoid it. _____

B. Change is uncomfortable, but it **H**elps me learn new things. _____

Answer:

A = Fixed Mindset

B = Growth Mindset

Final Clue: Exit Code Word

Now that you've completed all 3 challenges, use the highlighted letters from each puzzle to unlock the final code word:



Answer: GROWTH- This mindset is your key to escaping the comfort zone!

Congratulations! You Escaped!

You've unlocked your way to the Growth Zone, a space of resilience, self-belief, and impact.

Use this escape room as a reminder that growth is a choice — and you already have the keys. As you move forward, choose to be the coffee bean!