

BREAKING OUT OF YOUR COMFORT ZONE

Sometimes comfort and predictability are necessary. When we are going through big life changes it can be reassuring to have a routine and structure to our lives and to operate in a zone where we feel safe and unchallenged. We can't stay in this zone all the time however or we would never grow and develop. To move out of your comfort zone you need to establish what your comfort zone looks like and what you would like to do when you step outside of it.

UNDERSTANDING YOUR COMFORT ZONE

■ What does your comfort zone look like?

Answer each question with as many bullet points as possible.

When I am in my comfort Zone...

How do I feel?	What is my social life like?
How do I act?	What do I do?

If I was living outside my comfort zone...

What would I feel?	What would my social life be like?
How would I act?	What would I do?

ASK YOURSELF

■ If I had all the confidence in the world and no fear, what would I do?

Identify the 5 key things that you would like to do or achieve outside of your comfort zone. Rank them in order of your desire to achieve these, starting with number 1 as the thing you would most like to do.

- 1)
- 2)
- 3)
- 4)
- 5)

TAKE THE NUMBER 1 ACTIVITY YOU WOULD LIKE TO ACHIEVE OUTSIDE OF YOUR COMFORT ZONE AND ASK YOURSELF

■ What are all the factors that are currently stopping me from doing or achieving this?

CREATE A STEP-BY-STEP ACTION PLAN

Sometimes it can feel like too big of a leap to make to jump straight out of our comfort zone. Think of your number 1 activity outside of your comfort zone that you would like to achieve and identify a series of 10 practical steps to get you from where you are now to where you want to be. Doing it little by little will make it seem much less daunting. A good tip is to consider the factors that you feel are currently stopping you from going outside of your comfort zone. Can you do something practical to resolve or remove these obstacles from your path?

