

Conquer Your Comfort Zone

With Three Evidence-Based Techniques



This workbook is intended to encourage you to write out your life plan and put into existence

Moving Out Of Your Comfort Zone

There are three levels of comfort zones that many individuals experience in life: Fear Zone, Learning Zone, and Growth Zone.

Our comfort zone is our safe place where we feel secure and in control of things that come our way. We tend to stay in this zone to prevent ourselves from experiencing failure or fear and worry about life stressors that can be challenging to ourselves, such as rejections or unpleasant events. Staying in your comfort zone can prevent you from learning about yourself and growing out of your fear. Once we take the leap out of our comfort zone we can then open the door to learn and grow.

Identify Which Zone Best Fits you

Fear Zone:

When in the fear zone, we become uncomfortable with our own decisions. We think of our goals or want to leap into a plan, yet the words "What if I fail" come to mind. We start to think about the "unknown" and how the negatives can affect our life choices. Even when trying to overcome our comfort zone, fear becomes the battle that puts us back to where we started. As a result, we then avoid our plans and make excuses on why we cannot take the next step.

Learning Zone:

Within this zone, we begin to learn about ourselves and our talents. We can learn ways to cope with our fears and worries to conquer them through the ability to make the changes need to improve ourselves. Once we are in the learning zone, we have the opportunity to expand our comfort zone and find more ways to help us get through our fear.

Growth Zone:

When in the growth zone, we start to understand the importance of who we are. We become more aware of ourselves to understand our strengths and weaknesses to get to where we want to go within our life path. We will then start to develop the feeling of meaning to help us understand who we are as a person to build resiliency within ourselves.

Achieving Goals

List your most immediate personal and professional goals. Discuss what you feel has been holding you back for each goal.

Once we leave our comfort zone and conquer our fears, we will enter the learning zone. Discuss ways that will assist you in learning the opportunities that could prevent you from getting towards your goals of accomplishing your plans. For instance: by not applying for the job of your dreams, you can miss out on the opportunity of higher pay, meeting new colleagues, and feeling confident within yourself. Thinking of the goals above, write down opportunities you could miss out on if you remain in your comfort zone.

When we learn about ourselves, we become more confident within ourselves. Think about how this can affect your personal and professional growth. How might your growth in learning about yourself help with your decisions of accomplishing your goals and getting on a path to where you want to be?

Escaping Comfort Zone

Why do you avoid going out of your comfort zone? What are your biggest fears about the things that are out of your comfort zone?

How can you reframe/overcome the fears and obstacles you outlined in the previous question?

What new things can you try to solve your problems/achieve your goals?

What kind of things will you be missing out on if you only stay in your comfort fear zone? How will your life look like in 1/3/10 years' time?

How will your life look like in 1/3/10 years' time when you decide to venture out in the learning and growth zone?

Smart Goal Plans

S

What do you want to achieve?

M

How do you know that you have achieved your goal or that you are on the right path?

A

What steps do you have to take to accomplish the goal?

R

What is this goal important to you? How does this impacts others?

T

When will you accomplish the goal? What's the timeline?



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