LESSON 8 WORKBOOK Build Confidence To Step Outside Your Comfort Zone

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What It Means To Have Confidence To Step Outside Your Comfort Zone

Having confidence to step outside of your comfort zone means you're always prepared to try and experience new things in life. Your comfort zone is a pretty awesome and enjoyable place – that's why it's called the "comfort" zone! However, staying in a comfortable position in life constantly isn't always a good thing.

When you never leave your comfort zone, you never give yourself a chance to experience anything new or unfamiliar. Think about all the people, places, and things in your life that currently make up your comfort zone.

At some point, you had to experience all those people, places, and things for the first time. Without that initial interaction or experience with them, you wouldn't have learned to enjoy them and become comfortable with them.

This is why having enough confidence to exit your comfort zone is such an important part of being a human being. Every time you exit the comfort zone, you give yourself a chance to let your personal world grow and develop into something greater and more complete.

15 Tips To Strengthen Your Confidence In Stepping Outside Your Comfort Zone

Shake up your routine

Are you in a rut? Do you always do the same thing every day? Every week?

Make a plan to shake up your routine, start small. Eat a different meal, order something different from a restaurant, take a different route to work, start small and get comfortable with stepping outside your comfort zone. A great way to build some confidence in stepping outside your comfort zone is to try doing some of your everyday activities a little differently.

For example, some small changes you can make include:

- Trying a new dish at your favorite restaurant
- Taking a spontaneous trip to a new city
- Exploring a new hobby
- Learning a new skill
- Taking a different route to work
- Buying a wearing a totally new style of outfit
- Color your hair
- Rearrange your furniture
- Paint a room in your house in a color totally different from what you usually choose
- Tell someone a secret
- Go out by yourself
- Say hit to a stranger
- Do something that you fear a little bit

Write ideas for making small changes in your life here

Adopt a sense of adventure

How can you be more adventurous?

What new activities can you engage in? Plan some adventurous activities.

Seek out other folks who are trying new experiences as you are

There are support groups for just about everything. If you're looking to try something new, consider finding a group of other people who are also attempting the same new thing.

Do some research and make a list here	

Past Risks

Think back to times in your life you have taken risks. Describe one or two situations here.

How did you feel during those times?

What made it difficult?

What made it easier?

What helped?	

What didn't help?	
	_

What were the rewards or payoffs of taking those risks?		

Address Your Fears

What is the worst that can happen if you step outside your comfort zone? Take risks?

If you take a risk and fail, what will you learn?	

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If fear was not a factor, where would you be in your life right now?	

If fear was not a factor, what can you do? What would you do?	

How do you approach things you fear?		

I am scared that				

My fears	

If I try something new		

If I take a risk I			

In the past I found courage by		

I have courage to			

Complete the following thoughts

I only live once, so		

-	

I wish I was	

I wish I could	

In the past, when I took risks	

My inner strength can	

My resilience can	

My fortitude can	

I am confident in	

I am sure that I can	

Risk And Rewards

Olympic athletes take so many risks, even after they fall on that hill or that ice, they keep getting back up, skiing again, skating again and training again, even after horrific injury, even after falling and/or failing in front of millions of worldwide viewers. Even when they train for years to get to the Olympics and end up without a medal, they go back home train more and come back 4 years later to try for another medal.

What do you think about this? Do you think even when they never win a medal taking all these risks provides them with other important payoffs? How can you apply this to your own life?	

Imagine New Situations

It's easy to focus on the negatives of any situation. Humans tend to have a natural bend toward the negative possibilities – this is called having a negativity bias. Your negativity bias has a purpose: In nature, a negativity bias helps you err on the side of caution. You are less likely to take a dangerous risk because you could get hurt, for example, so you allow your negativity bias to keep you out of danger. However, it's important to focus on the positives of new situations when it involves exiting your comfort zone. While some negative things can happen, you understand that there are also equal possibilities that positive things can happen.

Imagine doing something outside of your comfort zone, describe it here

List all the positives and benefits that can come from this (including your own personal growth)

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What qualities do you possess that will make the most of this step in stepping outside your comfort zone?

Get excited about taking risks

Get excited about taking risks! The payoffs are incredible and you may just find this to be your favorite new activity!

Benefits Of Taking Risks

- You will never grow while safe in your comfort zone
- Learn about yourself
- Learn to face and overcome challenges
- Learn to face your fears
- Build inner-strength
- Endless opportunities can present themselves
- Builds creativity
- Promotes resilience
- Promote engagement in life
- Feel pride
- Feel a sense of accomplishment
- Stop boredom in your life
- Reach higher
- Thrive in mind, body, and spirit
- Opportunity to change your life
- Risk Satisfies And Builds Confidence In General There is nothing more satisfying than taking a risk and feeling the power within you that comes from taking that step. The feeling of personal satisfaction is the ultimate reward. The greatest risk is not taking any risks at all.

benefits? Do any apply more to you than others? How can you apply these benefits to your own life?			

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