Escaping the Comfort Zone

Escaping the Comfort Zone exercise will help you to identify where the boarders of your personal comfort zone lie. Realize that fear and personal growth go hand in hand. Realize that having fears and making mistakes is normal. Reflect on what you're missing out on by staying in your comfort zone. Reflect on what actions can you take to get into the growth zone.

Comfort Zone

Most of us are familiar with the concept of a comfort zone. This is the zone where we feel safe and secure, doing things that we know well and that require little effort. Our comfort zone can be a great place to stay, but it can also prevent us from trying new things and expanding our horizons.

Fear Zone

The fear zone is the opposite of the comfort zone. This is the place where we feel scared or uncertain, facing challenges that are outside of our usual experience. Stepping into the fear zone can be daunting, but it can also lead to growth and learning, because if you're able to push yourself past the fear zone, that's where the magic starts to happen.
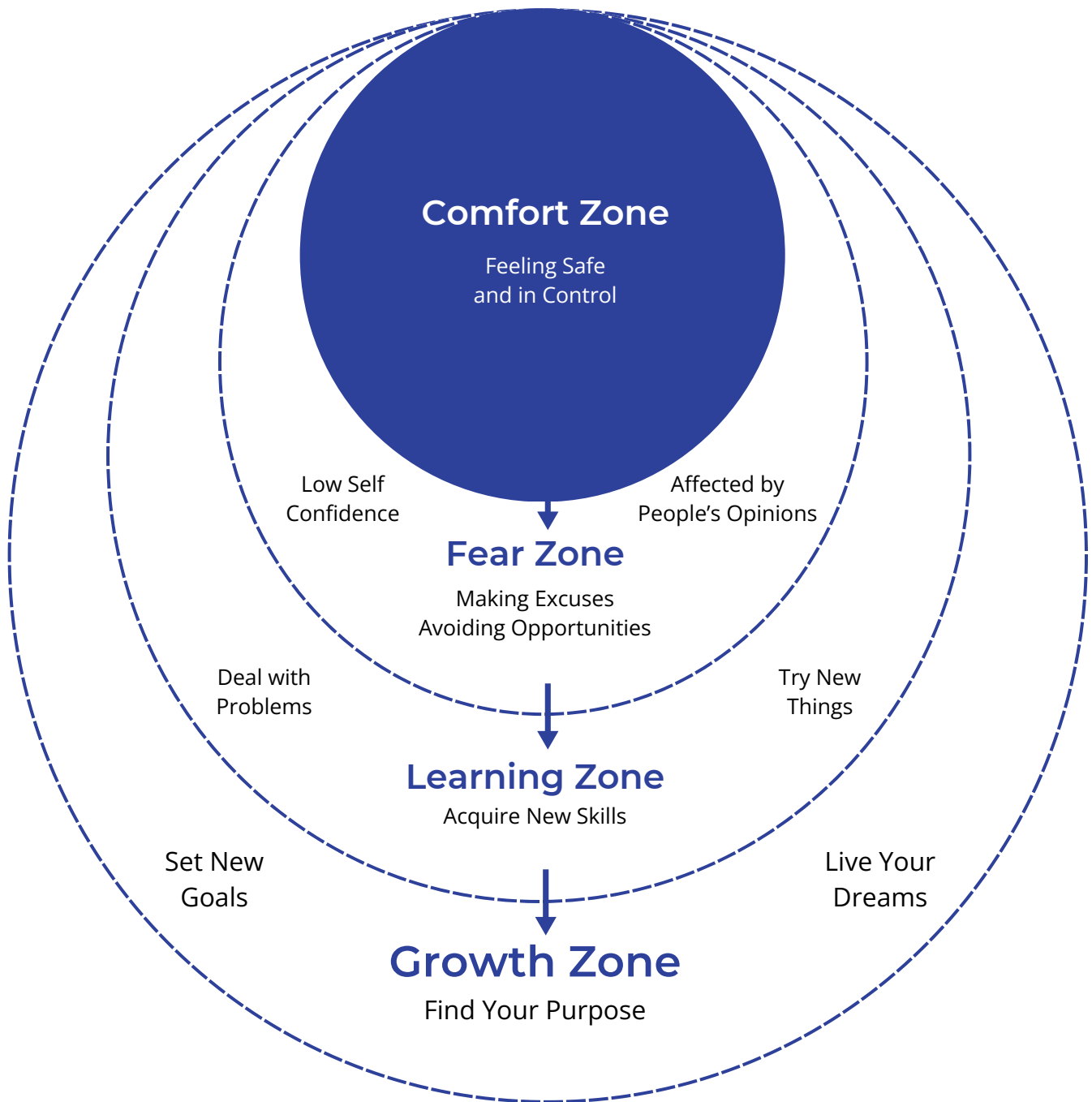
Learning Zone

The learning zone is somewhere between the comfort zone and the fear zone. Here, we are pushing ourselves to try new things, and may feel inadequate or uncomfortable. This is often the best place to be when trying to learn something new or develop a new skill. You just have to be mindful that it's okay to feel fear and uncertainty when you're learning something new. In fact, these feelings can be your internal signal that you're on the path of growth.

Growth Zone

Once you're able to push yourself to stay in the learning zone for prolonged periods of time, you start to reach into the Growth zone. This is where your fears will abide and you feel like you have clear vision forward. What seemed impossible before will now seem very doable.

Escaping the Comfort Zone

Comfort Zone

Feeling Safe
and in Control

Low Self
Confidence

Affected by
People's Opinions

Fear Zone

Making Excuses
Avoiding Opportunities

Deal with
Problems

Try New
Things

Learning Zone

Acquire New Skills

Set New
Goals

Live Your
Dreams

Growth Zone

Find Your Purpose

Notice how the comfort and fear zone are the smallest circles. This is a great visual representation of how staying in your comfort zone limits your future outlook. Also note how growth zone still encompasses fear & comfort zone. This means that even in growth zone, you'll still experience fears, it's just that your comfort zone will start to expand as you spend more and more time in the learning- and growth zones.

I What are some of the things in your life that you'd like to do but feel uncomfortable doing?

II What fears are holding you back? What kind of thoughts does doing this bring into mind? What do you think will happen or you will experience if you do it anyway?

III What are you missing out on by letting your thoughts and fears hold you back? (for example, you can list experiences and skills)

IV What would happen in your life if you decided not to listen your fears and do the things that are making you uncomfortable? What kind of a person would you then be? What would you be able to achieve?

V What small steps could you start taking to make yourself face your fears? If you were to embrace the discomfort and do it anyways, what would you do?