

# 10 Ways to Expand and Move Beyond Your Comfort Zone



Are you making or planning to make a big change of some kind in your life? It might be a career change, moving cities or leaving an unhappy relationship.

Or, maybe you're feeling anxious or nervous about doing something else that's outside your comfort zone.

All of us are on our own path of personal growth and development. How much we grow depends on our willingness to expand and move beyond our comfort zone. Often staying inside a comfort zone can be a habit, whether or not we're actually comfortable or happy there.

Here are 10 ways to expand and move beyond your comfort zone:

1. **Baby steps:** Doing something small, but differently, in your life each day can be a great way to start expanding your comfort zone. Better still, do one something each day that scares you, feels risky or makes you feel uncomfortable. Ask for something you've been afraid to ask for. Spend more money on an item of clothing than you would usually. Start a conversation with someone who intimidates you. As you slowly expand your comfort zone you'll expand your confidence at the same time.
2. **A leap of faith:** Sometimes taking a leap of faith and just 'doing it' can be the best way to break free of a restrictive comfort zone. Try this with anything that makes you feel nervous but excited about the prospect of doing.
3. **Keep things in perspective:** It can be easy to blow things out of proportion and make them seem scarier, bigger and uglier than they are. Remind yourself of some of your past successes with things that once seemed scary to you. If you need a fresh perspective, discuss your concerns with a trusted friend. Look too at what others have managed to do, for inspiration and to see what's possible.
4. **Stay optimistic:** Your attitude towards something can make all the difference in the world. Choosing to be optimistic about the outcome helps alleviate worry. Did you know that research has shown that 90% of what we worry about never happens? Also, the words you choose to use when you talk to yourself can help or hinder you - is your self-talk positive and encouraging or negative and self-sabotaging?
5. **Know that feeling fearful is OK:** We all feel uncomfortable or fearful at times, especially when we do something new. Know that fear is just another emotion and that it's OK to feel fearful. Allow yourself to feel the fear and for the feeling to pass through your body. You'll find the fear will dissipate faster than if you resist the feeling.
6. **Use EFT:** Fear and many other emotions can keep you stuck in a comfort zone. EFT is a great technique to learn to use to dissolve fears and phobias as well as limiting beliefs and behaviours. It's an easy technique to learn: [check out my EFT packages here](#). Young Living essential oils can be used in combination with EFT to enhance 'tapping' results. I can recommend Believe, Valor, Sandalwood, Frankincense, Inspiration, Envision, Transformation, Trauma Life and Peace and Calming. For more information visit my [Young Living site](#).
7. **Meditate and visualise:** Allow yourself quiet time to meditate on your reasons for wanting to move beyond your comfort zone and the positives that will come from doing it. Visualise a successful outcome for whatever you'd like to do and imagine how great you'll feel after you've reached it!



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8. **Listen to your intuition:** Check in with your intuition and ask it for some guidance. What is it telling you to do? Imagine that you've made a decision to go ahead - how do you feel? When you have a hunch to do something, or not to do something, follow your hunch and notice what happens - even if it doesn't make complete sense.
9. **Be open to learning and growing:** See coming out of your comfort zone and trying new experiences as opportunities to experiment, learn and grow. Keep an open mind and attitude about the experience and the outcome.
10. **Work with a coach:** Working with a coach is like having a mentor, manager, personal trainer and sports coach all on your side - helping you to feel supported, while challenging you and helping you see yourself in a new light, to believe in yourself, stretch yourself and be accountable, while doing things you might not have thought possible if you were left to do them on your own.

For more business and life coaching tips to help you achieve your goals and create and live the life you've always wanted, visit [www.blueskycoaching.com.au](http://www.blueskycoaching.com.au). To find out more about how you can work with me personally, call me on 0411 471 941 or (08) 8338 3134 or e-mail [tania@blueskycoaching.com.au](mailto:tania@blueskycoaching.com.au).



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