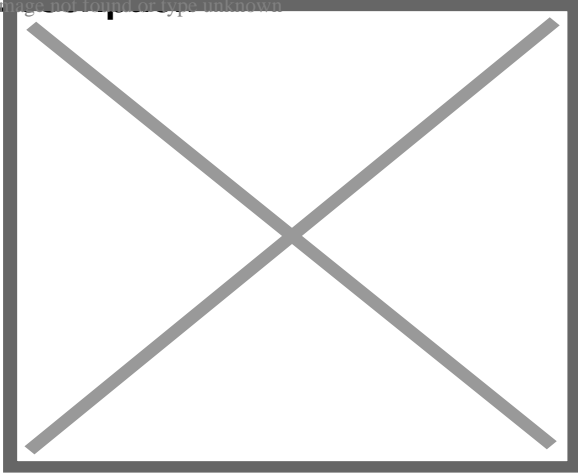


51 Ways to Expand Your Comfort Zone

Description



Most of us love the familiar. Whether we realize it or not, we

put a lot of work into ensuring that certain things in our lives remain constant. This personal “comfort zone” is the invisible, but very real area that defines the boundaries of what we know and understand. By staying within this comfort zone we reassure ourselves that we are safe. And as long as we are safely held within the walls of what we know we feel secure and confident.

As we move closer to the edges of that zone we begin to feel a bit shaky and unsure of ourselves. But those edges are where we grow. And by stretching those boundaries we increase our ability to receive.

T. Harv Eker, the author of [The Secrets of The Millionaire Mind](#) has said that our [comfort zone equals our money zone](#). In order to have more money in our lives we must expand our comfort zone.

I would add that our comfort zone equals our joy zone, our love zone, our fulfillment zone, our spiritual connection zone, you name it.

So if you want more of anything in your life, the place to start is with your comfort zone. By expanding your comfort zone you will get more of what you want. It's that simple.

Now it sounds easy enough, but most of us have built up some pretty sturdy walls around our comfort zone. Pushing them out or breaking them down requires conscious, concerted effort. And I have found that it's easier to expand the comfort zone in small, steady, steps than in great big leaps. But in order to do that, you need to intentionally take expansive action on a daily basis.

So to get you started, I've created a list of 50 actions that might expand your comfort zone.

Keep in mind that the parameters of everyone's comfort zone are different. So if you already love to Scuba dive, number 30 on this list isn't going to expand your comfort zone very much! But there are most likely other items on this list that will work for you.

Also realize that many of these can, and may need to be, turned around to work for you. For example,

number 6 is “Be the first to say, “I love you.” But if you’re the one that always says I love you first, you’ll need to turn it around to “Let the other person say “I love you’ first.” For some of you that’s going to be quite uncomfortable, especially when the other person doesn’t say “I love you!”

This is not meant to be an all-inclusive list. It can’t be. Instead, it’s a catalyst and a reminder for you to take small steps each and every day that expand your comfort zone.

Here’s the list:

1. Try some new food.
2. Go on a silent retreat.
3. Ask for a raise.
4. Smile at strangers.
5. Say hello to people in the grocery store.
6. Be the first to say “I love you.”
7. Perform at an open mike night.
8. Eat at a local restaurant by yourself.
9. Take a day off from work to volunteer at your child’s school.
10. Go back to school.
11. Start a new business.
12. Moonlight as a waitperson.
13. Unplug the TV for a week.
14. Write in a journal every day.
15. Learn to surf.
16. Go to a different church/temple/mosque each week.
17. Get your news from different sources.
18. Live in another country.
19. Do a house-swap for a month.
20. Use public transportation.
21. Wear an outrageous outfit.
22. Meditate for 15-minutes a day.
23. Put your cell phone in a drawer for a full week.
24. Make a fool of yourself – on purpose.
25. Call someone you admire in your community and ask them out for lunch.
26. Ask someone you admire to be your mentor.
27. Switch sides (of the bed) with your partner.
28. Confront a phobia.
29. Jump out of a plane (with a parachute please!).
30. Learn to scuba dive.
31. Say I love you to your parents/children/siblings/friends.
32. Admit you were wrong.
33. Go to a movie by yourself.
34. Take responsibility for something you didn’t do.
35. Give away all one-month’s income.
36. Give a public talk on a topic you’re passionate about.
37. Join a networking group.
38. Disconnect the Internet for a week.

39. Ask for help.
40. Get a part time job as a checker at your local grocery store.
41. Enter an art show.
42. Forgive someone.
43. Join Toastmasters.
44. Start a blog.
45. Ask for a partial or complete telecommute arrangement at work.
46. Take lessons in something you've always wanted to try (art, music, woodworking, dancing, etc.).
47. Learn a foreign language.
48. Read a book in a genre you don't usually read.
49. Delegate more of your work.
50. Get up an hour earlier than usual.
51. Try a therapy or modality that seems a bit "out there."

Which of these have the most potential for expanding your comfort zone? Which ones made you gulp or start to sweat a bit?

Which actions did I leave off this list that, for you, are particularly effective at expanding your comfort zone?

Leave a comment below and share some of yours.

Category

1. Personal Development
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