Expand Your Comfort Zone in 6 Steps

We tend to avoid discomfort at all costs. In fact, it's the biggest limiting factor for most of us. Follow this process to become more comfortable with discomfort and set yourself free!



- [ ] Start with something that's difficult, but not too challenging
- [ ] Continue to push a little further the next time. Each time you work through a little more discomfort, it gets easier
- [ ] When the going gets rough, take a deep breath and force yourself to smile
- [ ] Observe your discomfort. By simply observing and not becoming emotionally involved with discomfort, you'll likely notice that your discomfort lessens
- [ ] Push through a little discomfort. Avoid letting yourself quit anything the first time you get the urge to stop
- [ ] Start slowly. You can always add a little but of time or extra challenge each week

Make and Share Free Checklists
checkli.com