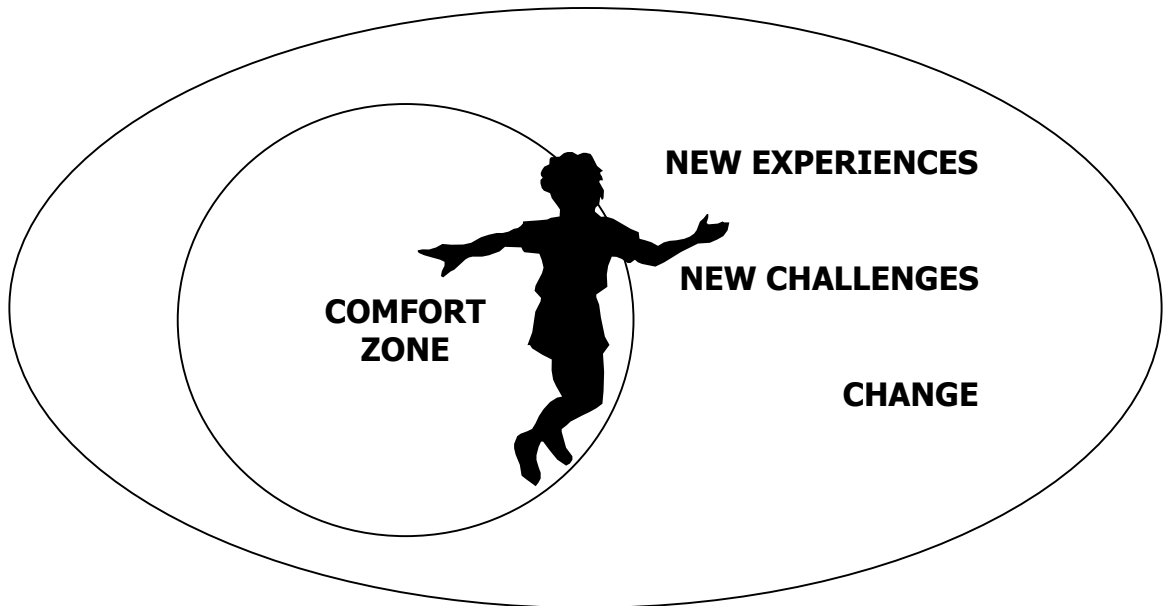


Comfort Zones

Our comfort zones are where we feel safe. Inside our comfort zones, we only carry out particular activities, meet particular people, think particular thoughts. We are free from risk or danger, but nothing much changes. We mainly *repeat*. The fact is, we cannot grow and develop, we cannot really *learn*, unless we step outside our comfort zones. The question is: how far, how quickly?



Feelings help us recognise when we are reaching the edge of our comfort zone. The feelings vary for different people and for different things – but include anxiety, exhilaration, fear, hysteria, irritability, confusion, feeling sick, panic. These feelings can be useful – they help us decide how to deal with the challenges.

Your comfort zone is fluid and personal to you. It is based on your past experiences, your natural abilities, your values and beliefs. The good news is that **you can control your comfort zone** – it doesn't have to control you. Faced with a challenge, you can choose to stay in your comfort zone, you can choose how and when to step outside it. But know that each time you do take a step outside it, your comfort zone expands. Today's fear is tomorrow's anxiety is next week's pleasure.

'Whatever you can do, or dream you can, begin it.' Goethe