

5 (Realistic) Ways to Get Out of Your Comfort Zone More Often:

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Harsh Truth:

“A comfort zone is a beautiful place.
But nothing ever grows there.”



The "1 More" Mindset

Whenever you feel close to your limit,
challenge yourself to **go 1 more**.

At the gym—go 1 more rep
Reading a book—go 1 more page
Meditating—go 1 more minute

1 is perfect because it's enough to make you slightly uncomfortable, but not enough to make excuses not to do it.

(h/t Nick Bare)

Build something in public

- Start a blog
- Start a newsletter
- Start a YouTube channel
- Start tweeting once per day

Exposing yourself to public scrutiny on a daily basis is uncomfortable.

But it can completely change your life if you stick with it (trust me).

Reframe the stress response

Physiologically, **anxiety** and **excitement** both create the same "stress response."

Simply thinking to yourself, "**I'm excited**" in a stressful situation can change the experience of expanding your comfort zone from terrifying to exhilarating.



Break old routines

- Eat without using your phone
- Brush your teeth with the opposite hand
- Take a new route home from work
- Cook something you've never made before
- Try a new workout program
- Ask the cashier about their day

Sometimes the easiest way to get out of your comfort zone is to simply **snap out of an old routine.**

Spend time with people who do it

Research shows that sitting next to a high-performer at work can **boost your performance by up to 15%**.

You can **apply this principle** to expanding your limits.

Want to get out of your comfort zone more?
Surround yourself with people who do.

