

HOW TO STEP --- OUT OF YOUR COMFORT ZONE

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01

DO SMALL DAILY ACTIVITIES THAT YOU NORMALLY WOULDN'T DO.

Take small actions in those activities in which you wouldn't want to step out of your **comfort zone**.

For example, you can start a conversation with a stranger in the grocery store or begin to read a new book that you want.

02

CHANGE YOUR USUAL HABITS TO MIX IT UP

Change your habits and **mix up** them in a different way let's say you go to the office with same way try a different one If you drink coffee from the same coffee shop try another one.

Even small changes can **enrich** your life.

03

TURN EVERYDAY INTO A LEARNING EXPERIENCE

Look at each day for you as a chance to learn something new. Remember this will happen if you **step out** of your comfort zone.

Read a new book you want to read. Take a different **route** to go to work. You never know what you'll learn about the world when you **explore** different sides of it!

04

PICK ACTIVITIES THAT CHALLENGE YOU

Think about a few things that **scare** you and make you nervous. Make a list of those activities and start from the next one. When you have a list also make a plan to win the **challenge**.

Taking **action** is better than just thinking.

Your list may include things like: "Sky diving, write a short story, go on a blind date."

05

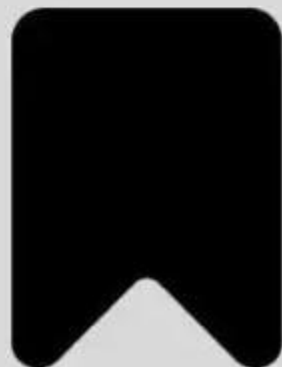
BREAK THE ACTIVITY DOWN INTO SMALL STEPS

You don't have to do the activity all at once. You just break your goal into **smaller** chunks so it will become easy to accomplish.

If you want to learn to swim, first you go to the **shallow** water and gradually you will overcome your fear and then you can go to the **deepest** level of water easily.

SAVE THIS

POST FOR
LATER



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