



Say Ciao to Comfort

If you don't stretch, you'll never grow. That's the philosophy behind leaving your comfort zone in a nutshell¹¹⁹. Those who truly reach self-fulfillment¹²⁰ didn't do so by just sitting around and taking the easy way out¹²¹. They challenged themselves to see how high they could climb. There's no reason why you can't reap¹²² the same benefits as the most successful among us. But it all starts with having the right mindset¹²³. So let down your guard¹²⁴, embrace change and kiss your comfort zone goodbye¹²⁵. ■

76	relatively 'relatıvı stousunkowo,	względnie	77	to work one's way up to sth 'ta w'ak wınz weı ap te	'smbıng stɒpnıwɔ zapracɔwac na cɔs, w'spıj'ac sıe
78	the real deal 'ðə ri:dl aı'tentık,	ktos/cos	79	po szczeblach drabiny	
80	to foster sth 'tu fɔstə(r) 'smbıng kızıwı'c cɔs,	rozwiązać	81	confident 'kɒnfıdnt pewny siebie	
82	framework 'fremwɜ:k struktura	framework	83	handy 'hændı pɔr'eczny, przydatny	
84	to get the ball rolling 'tu get ðə bɔ:l rɔlıng rozpocz'ac	coś, zacząć	85	bearable 'beərəbıl znosny	
86	cliche 'klıfeı banal, wyświechtany frazes	coś	87	pros and cons prɔz and kɔnz za ! przeclw, plusy	
88	to put sth down in writing 'tu pıt 'smbıng daın ın	minusy	89	vital 'vıtal nıezb'edny, maj'acy podstawowe	
90	znaczenie (dla czegoś)	to keep track of sth 'tu kıp treak av 'smbıng	91	kontrować cɔs, pılnowac czeęos	
92	along the way 'alɒŋ ðə weı pɔ drɔdze	evidence 'evıdıns dɔwɔd, dowody	93	misstep 'mısstıep pɔtknı'eıe, pomyka (us)	
94	failure 'feıje(r) pɔrazka	potwierdzić cɔs	95	to reaffirm sth 'tu rı:ıf'ırm 'smbıng (ponownie)	
96	pressure point 'prejə(r) pınt slabı punkt	to bend 'tu bend ugı'ac	97	straightforward 'stretıfɔ:wəd prɔstı, jasny	
98	to turn to sb for sth 'tu tɜ:n te 'sambıd fɔ(r) 'smbıng	zwroć się do kogoś o cɔs	100	handful 'hændfıl garśc, kilka	
101	to take a leap 'tu teık a lıp podj'ac krok				

Specific Strategies

Instead, join a public speaking class to see how you handle a relatively⁷⁶ low-stress environment. Then, you can work your way up to⁷⁷ the real deal⁷⁸. These first steps are meant to foster⁷⁹ the notion that it's OK to make mistakes. You'll get better, feel more confident⁸⁰, and – most importantly – start to see that leaving your comfort zone isn't so terrible.

Another straightforward⁸¹ measure you ought to consider is turning to others for assistance. You probably know at least a handful⁸² of people who've taken a similar leap⁸³. Seek out their advice. Not only will they provide you with⁸⁴ some encouraging words, but they'll probably hand you a treasure trove⁸⁵ of information about the very thing⁸⁶ that's holding you back⁸⁷. More knowledge about any formidable⁸⁸ challenge will only make you better equipped to face it.

Finally, set up an accountability⁸⁹ system with at least one other person who can check in on⁹⁰ you. Having a friend or co-worker⁹¹ in your corner⁹² can provide extra⁹³ motivation to keep moving forward. That being said, remember not to push too hard. Remain patient⁹⁴ – leaving your comfort zone can be a gradual⁹⁵ process that doesn't bring instant⁹⁶ results. Remember, mistakes are a good thing, so don't let setbacks⁹⁷ frustrate you. If you're feeling overwhelmed⁹⁸, it's perfectly fine to return to your comfort zone. Scale back⁹⁹ and restart with smaller steps so you don't end up fully freaking yourself out¹⁰⁰. Leaving your comfort zone is all about self-development, so make sure you're doing everything on your terms.

A list of pros and cons isn't the only thing you should consider recording. It's also vital¹⁰¹ to keep track of¹⁰² any progress you're making. Sure, it's good to note each success you're making, but it's just as important to write down any mistakes you're making along the way¹⁰³. Remember, you shouldn't be expecting perfection – that would probably mean you're not pushing yourself hard enough. Seeing evidence¹⁰⁴ of any missteps¹⁰⁵ or failures¹⁰⁶ will reaffirm¹⁰⁷ that you are indeed trying to push your limits. Also, it could be