

Step out of your Comfort Zone

[Click to see my post "Is it time to step out of your comfort zone?"](#)

To help you brainstorm your comfort zone and how to step out, journal about the following questions.

Describe your comfort zone.

What is outside of your comfort zone that you want to try?

When have you stepped out of your comfort zone in the past and how did you feel?

What fears are holding you back?

At the end of your life, what would you regret not trying?

What is the worst that could happen if you tried something new?

Write down everything you are scared to do. Which ones do you want to try first?

What is the best that could happen if you tried something different?

"Everything you ever wanted is one step outside your comfort zone."