

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



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Comfort Zone

Safety
Security
Stability
Comfort
(Limited) Confidence
Sense of Control
Routine
Habit
Ease

Boredom
Stagnation
Frustration
Self-doubt
Mediocrity
Regret

Growth Zone

Excitement
Anticipation
Possibility
Opportunity
(Increased) Confidence
Learning
Newness
Adrenaline
Improvement

Panic Zone

Exhilaration
Risk Taking

Extreme stress
Anxiety
Lack of control
Excessive risk
Danger
Overwhelm



When you're in your Comfort Zone...

There are plenty of advantages with staying in your comfort zone: there's a sense of safety and security, you're in control of your routine, and you feel capable and competent to deal with day-to-day life. The negative side, though, is that you may feel bored and frustrated, limiting yourself from trying new things that could be great for you and potentially missing out on fulfilling your potential and learning a lot along the way.

When you're in your Growth Zone...

This is the optimal zone to be in. You're learning new skills and having new experiences, you're full of anticipation and excitement for the future, and you're facing challenges head on. You may feel a little nervous and uncomfortable but that's what's pushing you to achieve great things. Remember, though, that's it's fine to head back to the comfort zone now and then to give yourself a break and to enjoy what you've created!

When you're in your Panic Zone...

I'm all for pushing yourself out of your comfort zone and taking risks, but sometimes you can take it too far. If you're feeling tense and anxious all the time, if the fear is taking over and you're not able to deal with changes that are occurring, then you're not going to get the benefits and in fact it can be harmful. Try to look for smaller steps that you can take to get you to the point of learning - without getting overwhelmed.



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